

MÉDITATION POUR DÉBUTANT



VISIT...

LANZAROTE
Caliente.COM

MÉDITATION POUR DÉBUTANT

HASSAN.R

CONTENU

AVANT-PROPOS.

INFORMATIONS DE BASE

INFORMATIONS GÉNÉRALES SUR LA TECHNIQUE D'EXERCICE POUR LA DÉTENTE ET LA MÉDITATION

FORMATION MENTALE

SPHÈRES MINCES

LE YIN ET LE YANG

Principe de l'individualité masculine et féminine

AUTO-GUÉRISON ET ÉNERGISATION DU CORPS ÉTHÉRIQUE

MANTRA MÉDITATION ET RESPIRATION MANTRAS

CHAKRAS

Stimuler les chakras avec des fleurs et des pierres précieuses

Couleurs de chakra

Sens spécial

MOTIFS

MÉDITATION POUR RENFORCER LA CONSCIENCE

Conscience et réalité

MÉDITATIONS POUR L'ACCORDEMENT AU DIVIN

ENTRAINE TOI

TECHNIQUES DE DÉTENTE

Détente profonde

Détente profonde du corps

Une forme courte de relaxation corporelle profonde

Une respiration relaxante

TRANSFERT D'ÉNERGIE

Phase d'activation après relaxation profonde en décubitus dorsal

Phase d'activation après l'exercice assis

Protection et ancrage de l'aura et des chakras

EXERCICES DE RESPIRATION

Respiration du ventre

Respiration rythmique

Respiration profonde en "circonférence"

Haleine nettoyante yogique

Respiration énergétique

Souffle ancré

Respirer par le front

Relâcher le souffle

Une haleine apaisante

MÉDITATION SUR LES IMAGES

RELAXATION PSYCHOLOGIQUE PROFONDE

La paix intérieure

Clairière de la forêt

Bord de mer

Sous un vieil arbre dans une prairie ensoleillée

Par la rivière

AUTO-HARMONISATION

S'accepter

Visualisation du «je» idéal

FORMATION MENTALE

Pratique de visualisation

Image mentale quotidienne du «je» idéal

HARMONISATION DES ÉMOTIONS

Vol d'oiseau

Lac de montagne avec nénuphars

Rock dans les vagues

Papillon

Chapelle dans les montagnes

La côte Pacifique

Temple indien

Promenade en bateau au lever du soleil

Oasis

Marchez jusqu'au lac de montagne

Bois

CLARTÉ ET ACTIVATION DU CORPS MENTAL

Gaieté et force de concentration

De pointe

Aigle volant

Cascade (I).

Nager dans une cascade (II).

Pyramide

Temple dans l'Himalaya

Marcher au clair de lune

Soleil enneigé

Méditation en cristal

Méditation au soleil

Triangle blanc

le yin et le yang

AUTO-GUÉRISON: DYNAMISER LE CORPS ÉTHÉRIQUE

Mise à la terre

Corps de lumière

Respiration légère et guérison

Une cascade de lumière

Se visualiser dans un état sain

Temple divin de la guérison

Guérison de groupe - Sun Lotus

Guérison de groupe - Cercle de lumière

MANTRAS DE MÉDITATION

Mantra-méditation "OM"

Respiration mantras

Respirer le mantra "Amour et guérison"

[Respirer le mantra pour se concentrer sur le Christ](#)

[Respiration mantra pour l'inspiration](#)

[Autres mantras respiratoires](#)

[MÉDITATION CHAKRA](#)

[arc en ciel](#)

[Une grotte aux pierres précieuses](#)

[Champs de lumière colorés](#)

[Fleurs de chakra](#)

[Foulards en soie multicolores](#)

[Remplir les chakras d'énergie](#)

[Chakras du soleil](#)

[Nettoyer et dynamiser le chakra sacré \(centre hara\).](#)

[Méditation du chakra du cœur](#)

[Dissoudre des blocs](#)

[Harmonisation du chakra du cœur](#)

[Rayonnement d'harmonie et de lumière](#)

[Répandre l'amour](#)

[Soleil du matin](#)

[Fleurs roses](#)

[Flux d'or de la vie](#)

[Temple d'or](#)

[Méditation à la bougie](#)

[Activation du chakra du cœur](#)

[Affirmations](#)

[MÉDITATIONS POUR LE DÉVELOPPEMENT ET L'EXPANSION DE LA CONSCIENCE](#)

[CONSCIENCE ET RÉALITÉ](#)

[DÉVELOPPEMENT DE LA CONSCIENCE](#)

[Kundalini - méditation légère](#)

[Tao - le cercle de l'énergie lumineuse](#)

[Divulgateur de "I"](#)

[Monde intérieur de lumière](#)

[Tête comme le soleil](#)

[Contemplation "Conscience"](#)

[Centrage](#)

[EXPANSION DE LA CONSCIENCE](#)

[Espace céleste](#)

[Expansion de la conscience \(I\).](#)

[Expansion de la conscience \(II\).](#)

[Méditation "Amour"](#)

[Marcher à travers les sphères de lumière](#)

[Soleil d'amour](#)

[Méditation du chakra pariétal](#)

[Contemplation "Esprit"](#)

[MÉDITATIONS POUR S'HARMONISER AVEC LE DIVIN](#)

[Transformation dans le Divin \(I\).](#)

[Transformation dans le Divin \(II\).](#)

[Méditation sur le Christ](#)

[Méditation sur Bouddha](#)

Contemplation «Dieu» (I).

Contemplation «Dieu» (II).

"Je" divin

Invoquer la lumière

GUÉRISON POUR LA TERRE

Guérison pour la Terre

ÉPILOGUE

Avant-propos.

Comment fonctionne la méditation d'image et pourquoi est-elle nécessaire?

Comme on le sait en psychologie, les couleurs et les images ont un fort effet sur notre psyché et notre subconscient. Au plus profond de notre esprit, il y a un monde d'images rempli de symboles complexes et d'archétypes bizarres dont nous ne prenons conscience que lorsque nous les évoquons nous-mêmes.

Le monde des images que nous portons en nous-mêmes nous influence plus fortement que nous ne le pensons; par exemple, la publicité se tourne souvent vers elle pour nous influencer secrètement.

Le but des méditations visuelles décrites dans ce livre est pour nous d'absorber ces images et symboles que nous choisissons par nous-mêmes, et avec leur aide de transmettre des impulsions au subconscient, aux corps astral et mental qui activent l'énergie, nous harmonisent, nous aident. nous guérissons et élargissons notre conscience.

Les exercices pratiques sont précédés d'une brève description de la thèse de leur contenu, qui fournit des informations de base et explique certains modèles. La capacité de se détendre profondément réside dans

tous les autres exercices. Par conséquent, au tout début, des techniques de relaxation physique, des exercices de respiration et de méditation d'image sont donnés.

Ceci est suivi d'une brève description du mental des formations à l'aide desquelles les attitudes de vie de bien-être sont assimilées. Voici des visualisations qui harmonisent la vie émotionnelle et clarifient les méditations sur des images qui activent la sphère mentale et augmentent la concentration.

À partir de ce moment, vous pouvez commencer des méditations spirituelles qui sont appelées par la guérison ou l'auto-guérison, la respiration des mantras et des méditations de chakra apportent inspiration, joie et clarté d'esprit à la vie.

Enfin, les méditations nous conduiront à faire l'expérience de l'éveil supérieur de l'esprit, de la conscience de soi et de l'amour divin

omniprésent qui se cache derrière les rideaux de notre perception directe.

INFORMATIONS DE BASE

INFORMATIONS GÉNÉRALES SUR LA TECHNIQUE D'EXERCICE POUR LA DÉTENTE ET LA MÉDITATION

La pratique commence avec relaxation du corps et plusieurs exercices de respiration énergétique, suivis de méditations sur des images à effet curatif et harmonisant, qui activent la sphère mentale, puis - des méthodes d'élargissement de la conscience, jusqu'à des méditations profondes. Les exercices et les visualisations se construisent les uns sur les autres et mènent finalement aux formes originales de méditation, qui, dans le silence et la clarté les plus profonds, donnent naissance au désir d'expérimenter le plus haut - l'être absolu - l'amour pur - le divin.

Certaines images rendues seront utilisées pratiquez la plupart des exercices, comme les rayons de lumière ou l'écoulement d'un ruisseau. Ces symboles représentent l'archétype le plus profond du pouvoir de guérison universel, libérant et relaxant le corps et l'esprit. L'esprit doit suivre attentivement les images, mais sans stress, et laisser la fantaisie jouer avec les images inspirantes. Si une personne n'est pas capable de voir des images visuelles claires sous la forme d'un formulaire, il suffira simplement de garder à l'esprit la pensée correspondante. Comme dans un rêve, le corps et l'esprit éveillés restent complètement libres et détendus, et la profondeur de la relaxation n'est atteinte que par la technique de la respiration. La respiration s'écoule facilement, lentement et calmement, elle est dirigée vers le bas de l'abdomen, lorsque vous inspirez, la paroi abdominale se soulève, lorsque vous expirez, elle descend. Si la soi-disant respiration abdominale (c'est-à-dire la respiration diaphragmatique) est resserrée, cela signifie que, apparemment, la tension nerveuse n'a pas encore disparu.

Tous les exercices proposés sont également très bien adaptés à la méditation de groupe; le texte doit être lu lentement et avec des pauses, de sorte que chaque méditation dure environ une demi-heure. À votre discrétion, vous pouvez remplacer les pronoms «vous», «je», «vous» ou «nous» dans le texte, selon la situation

spécifique; chaque méditation peut également être enregistrée sur un support audio.

Les exercices de relaxation ou de méditation nécessitent une atmosphère agréable et calme, une sorte d'oasis qui crée une bonne humeur méditative.

Ceci est facilité par une musique méditative silencieuse (par exemple de Windpferd Studios) et un espace de méditation joliment aménagé, éventuellement décoré avec des bougies, des fleurs, des produits en pierre ou une peinture. L'inspiration vient de l'arôme d'encens qui remplit la pièce exsudé par les bâtons (Shoyeido, Nag Champa, Shrinivas Sugandhalaya, etc.) ou les huiles (par exemple Primavera). Pour profiter de la méditation sans interférence, vous devez éteindre tous les appareils susceptibles de vous distraire (téléphones portables, etc.).

Au début, la méditation ne peut durer plus de dix minutes, progressivement cette durée peut être augmentée, selon votre convenance et votre capacité à vous concentrer, - peut-être jusqu'à trente minutes. En tenant compte des exercices préparatoires et finaux, le temps de méditation sera en moyenne de quarante-cinq minutes. Cette période peut être modifiée de manière flexible en fonction de la situation externe et des besoins internes. Il est utile de faire au moins une méditation par jour, idéalement à la même heure régulièrement.

Il est recommandé de pratiquer une brève forme de relaxation corporelle et éventuellement des exercices de respiration avant de méditer sur l'image, car la relaxation physique constitue un point de départ important pour la paix et la clarté de l'esprit.

Il a été démontré qu'il est préférable d'effectuer des exercices qui favorisent la relaxation purement corporelle en position couchée. Les méditations sur les images doivent, par exemple,

Informations de base

tiv, être effectuées en position assise avec le dos droit ou dans une position de méditation de votre choix, surtout si elles visent la sphère mentale ou le renforcement de la conscience, car dans ce cas la capacité de concentration et la vigilance de l'attention augmentent.

La phase d'activation après la méditation est aussi importante que la relaxation corporelle pour l'harmonisation. Sinon, la force que donne la relaxation est mal utilisée. La dernière étape d'activation consiste à ramener la circulation sanguine, la respiration et la croissance cellulaire ralenties au repos profond au rythme de l'état de veille. Nous sous-estimons souvent la profondeur de la relaxation, car les réactions physiologiques énumérées ci-dessus ne sont pratiquement pas enregistrées.

Après l'exercice, vous ne devez pas vous lever immédiatement et revenir au rythme d'activité habituel, car, en particulier chez les patients hypotendus, cela peut entraîner des troubles circulatoires, des étourdissements, des maux de tête, de l'irritabilité ou une diminution de la concentration, c'est-à-dire des résultats opposés. ceux à qui ils se sont battus.

Les exercices d'activation, en plus d'une relaxation profonde, permettent de traduire l'énergie des exercices dans la vie quotidienne, préservant ainsi la vitalité, la clarté et le calme acquis par la méditation. Ainsi, la phase d'activation est une partie importante de chaque exercice de méditation et doit toujours être complétée. La durée de la phase d'activation (consistant en étirements, tension musculaire et respiration énergétique) doit être de cinq minutes afin que la personne retrouve son rythme habituel frais et efficace.

FORMATION MENTALE

"La création est née des pensées ", - affirme la philosophie orientale. Si cela est vrai, alors le pouvoir créateur de nos pensées est beaucoup plus puissant que nous ne le pensons. la confirmation

pour queet l'efficacité de la méthode d'entraînement mental dans laquelle nous créons mentalement une vision, puis nous la donnons vie grâce à une visualisation continue. Il est évident que l'énergie subconsciente et mentale est plus facile à mettre en œuvre ce qui a été présenté sous la forme d'une image. Il en découle que le pouvoir créateur de l'énergie subconsciente et mentale nous donne de nombreuses opportunités.

Chaque image positive (malheureusement et négative) fréquemment visualisée sera utilisée par le subconscient si elle ne tombe pas complètement hors de la réalité. C'est là que réside la capacité potentielle de développer les traits que nous avons nous-mêmes choisis et de laisser de vieilles habitudes qui ne nous conviennent plus. Pour ne citer que quelques possibilités: vous pouvez activer des propriétés telles que l'énergie d'auto-guérison, la joie de vivre, l'équilibre, la capacité de concentration ou la performance.

Le mode d'action est extrêmement simple. Vous devez d'abord déterminer verser ce que nous recherchons - acquérir de la qualité, changer de comportement, améliorer quelque chose dans notre vie ou résoudre un problème. On peut parler, par exemple, d'une plus grande conscience de soi ou de la capacité à s'épanouir, de la capacité à résoudre des conflits sur le lieu de travail ou en partenariat, de surmonter avec succès un test, d'améliorer les performances dans certains domaines, mais pas seulement à ce sujet: cette méthode peut être utilisée à des fins psychothérapeutiques, par exemple pour éliminer toute peur, phobie ou manie spécifique.

Il est recommandé de donner d'abord une définition écrite précise de vos besoins. Quelle qualité sera requise? Que veut devenir une personne: plus aimante, calme, consciente d'elle-même, énergique, calme, compréhensive, capable de concentration, efficace? Une fois que la qualité idéale a reçu une définition écrite, vous devez formuler

l'objectif sous la forme d'une ou deux déclarations positives au présent. Des exemples d'application de la méthode sont décrits avec des

exercices physique.

Informations de base

Au moment où l'objectif ou l'idéal est clairement établi, l'exercice peut commencer. La relaxation doit être faite au moins une ou deux fois par jour, en se concentrant sur la visualisation pendant quelques minutes, idéalement tôt le matin après la douche et le soir avant de se coucher. L'exercice doit être effectué jusqu'à ce que l'objectif soit atteint; Il est difficile de prévoir cette période - en fonction de la profondeur et de la complexité des changements, elle varie d'une semaine à plusieurs mois ...

SPHÈRES MINCES

Les méditations sont classées en fonction de leur mode d'action, qui sera brièvement décrit ci-dessous.

Commençons par lister les sphères dont nous sommes composés. Immédiatement après le corps physique, le corps éthérique suit en densité. Il se compose d'une énergie vitale lumineuse et apporte vitalité et santé au corps physique. Il imprègne toutes les cellules du corps, leur fournit cette énergie vitale (également appelée prana, ou qi) et crée une gaine protectrice de force vitale radiante qui dépasse les limites de 2 à 3 centimètres.

corps physique.

Corps astral - la sphère d'existence des sentiments, des désirs et des actions - dépasse un peu plus ces limites, et sa qualité, sa taille et sa couleur peuvent varier considérablement en fonction du tempérament et du caractère d'une personne. Dans ce domaine, une «individualité de sentiment» se manifeste. Tel ou tel état du corps astral est marqué pour nous par des sentiments tels que la joie, l'amour, l'agression, les peurs, ainsi que les désirs et les passions, qui se reflètent dans notre état intérieur - humeur ou état d'esprit. Chaque sensation provoque un changement dans le corps astral et influence sa condition et sa taille. Les impulsions de nos sens proviennent généralement du domaine des pensées, dans le corps mental, qui suit l'astral.

Voici le point de contrôle pour les états quotidiens, les humeurs, les motifs et la concentration de l'attention. Le corps mental correspond à la sphère des pensées, de l'activité mentale, de la capacité de concentration, de l'intellect, de la compréhension et de la mémoire. Les connaissances, les capacités et les connaissances sont contenues dans la sphère mentale sous la forme d'une archive, ici le corps mental crée une sorte de base pour l'intuition et l'inspiration. Selon le type d'activité mentale et le niveau de développement d'une personne, sa sphère mentale est remplie de lumière rayonnante, de clarté et monte haut - ou obscurci, étroit et bas.

Le «je» vrai ou supérieur n'a ni «forme» ni «ampleur» au sens traditionnel, mais cela correspond à notre «Je» intérieur conscient, la sphère de l'esprit, ou notre centre spirituel, qui n'est pas soumis aux lois de l'espace et du temps matériels. Vrai

Le «Je» est composé de lumière rayonnante et est illuminé de force spirituelle, de sagesse, d'inspiration et d'amour. Nous pouvons également désigner cette sphère comme notre «Je» divin, auquel nous essayons de nous connecter dans une méditation profonde, établissant une connexion plus consciente avec cet aspect spirituel intérieur de l'existence. La qualité du vrai «je» est la même pour toutes les personnes, seule la personnalité extérieure et l'intensité de la connexion entre la personnalité et le vrai «je» diffèrent.

LE YIN ET LE YANG

Principe de l'individualité masculine et féminine

Dans chaque personne, il y a un pôle d'énergie féminine (yin) et un pôle d'énergie masculine (yang).

Le principe de fluidité et les qualités suivantes correspondent à l'aspect féminin de l'être (la Lune): amour et soin, préservation, sentiments, joie de vivre, rationalité sociale et émotionnelle, développement créatif, linguistique

Informations de base

ness, sensibilité, fantaisie, sens esthétique, intuition, sagesse, et aussi le principe de l'âme - qui correspond à l'hémisphère droit du cerveau.

L'aspect masculin de l'être (le Soleil) correspond au principe zip de structure, ainsi que les propriétés suivantes: énergie, activité, force d'action, esprit combatif, capacité à se traduire en vie, création, destruction et renouvellement, courage, compréhension, rationalité, logique, discrimination, raison et pensée technique. Sa correspondance physique se situe dans l'hémisphère gauche du cerveau.

Les deux pôles peuvent se déséquilibrer, ce qui, entre autres, peut conduire à une disharmonie dans les relations avec un partenaire particulier ou avec l'autre sexe en général. Si de tels problèmes existent, ils peuvent refléter un déséquilibre des énergies yin et yang.

Par exemple, si une femme est insatisfaite d'elle-même, se critique, se sent indigne et basse, alors elle dirige son énergie mentale et sa raison - c'est-à-dire son aspect masculin d'être, yang, - contre son «je» féminin, yin, en cette affaire contre les sentiments (estime de soi). Par la suite, une femme avec un déséquilibre si subtil se retrouve souvent dans une relation où elle est refoulée. Elle sent que, peut-être inconsciemment, elle est attirée par les hommes qui suppriment inconsciemment leur propre aspect féminin de l'être, comme la compréhension, la chaleur ou la joie de vivre, parce qu'ils valorisent peu ces qualités ou leur trouvent un obstacle.

Le manque d'éléments dits masculins d'indi-

Être viscéral peut conduire à des sentiments d'insuffisance, de surémotivité, de manque de discipline ou de manque de créativité. Le déplacement de l'énergie féminine, yin, peut provoquer insensibilité bruyante, agressivité, mécontentement et limitation. Des affirmations spéciales, qui sont données dans les chapitres «Formation mentale» et «Méthodes», aident à mettre les deux pôles de l'individualité en harmonie et en harmonie.

itation sur l'image du yin et du yang. "

AUTO-GUÉRISON ET ÉNERGISATION DU CORPS ÉTHÉRIQUE

Les méditations d'auto-guérison de ce livre reposent sur le pouvoir de visualisation de la lumière, car la lumière symbolise la forme primaire d'énergie vitale. L'image de la lumière du soleil radieuse active le pouvoir de guérison. Toutes nos sphères: corps, subconscient, pensées et sentiments, notre «je» intérieur - réagissent à cette visualisation, libérant de l'énergie - énergie vitale, vitalité et pouvoir de guérison.

Pour toutes les maladies, le processus de guérison peut être accéléré en imaginant la zone touchée du corps inondée de soleil. L'inconscient est capable de traduire la lumière en une impulsion qui déclenche un mécanisme d'auto-guérison dans le corps qui est nécessaire pour guérir une blessure ou une maladie. L'image de la lumière brillante guérit et harmonise non seulement le corps, mais aussi la psyché. Le corps éthérique, qui fournit continuellement au corps physique de l'énergie vitale, est amélioré par la visualisation de la lumière et peut recevoir plus de prana rayonnant, ce qui conduit à une meilleure santé et bien-être.

Avant de rendre la lumière, faites l'"exercice à la terre », qui met le corps éthérique en équilibre. Cet exercice a un effet bénéfique sur la concentration et les performances et contribue à la faiblesse, à l'hypotension artérielle, à l'hypersensibilité, à la rêverie ou à la distraction.

MANTRA MÉDITATION ET RESPIRATION MANTRAS

Le mantra est un son sacré dérivé du sanscrit, la langue de l'Inde ancienne. Chanter des mantras, les réciter à haute voix ou mentalement

Informations de base

construisez les vibrations du corps matériel et des sphères subtiles vers la puissance et l'harmonie divines. Cela conduit à une profonde paix de l'esprit, dans laquelle la conscience se libère des pensées et acquiert la capacité de s'étendre.

Grâce à son apaisement et un effet éclairant sur l'esprit, la méditation à l'aide d'un mantra est particulièrement utile pour ceux qui veulent se libérer du stress mental et de l'anxiété générale.

Le mantra le plus célèbre est bien sûr le son OM, le son primitif de la création. Il existe d'autres expressions et prières inspirantes en sanskrit qui sont transmises de bouche à oreille par des professeurs bouddhistes ou hindous.

Vous trouverez ci-dessous des variantes de ces mantras fondamentaux, offrant différentes possibilités. Travaillez avec les mantras, cela peut être fait de différentes manières: en commençant par régler l'énergie des chakras individuels, puis en apportant plus de clarté et de conscience de soi dans la vie quotidienne, atteignant la perception du divin. Tout d'abord, nous utiliserons le soi-disant mantra de la respiration. Cette forme de méditation présente plusieurs avantages qui méritent d'être soulignés.

Le mantra de la respiration peut être utilisé non seulement en méditation, mais dans une variété de situations quotidiennes complètement banales, automatiquement et sans effort, à l'aide du flux de respiration, relaxant dans l'âme. Ce répit régulier des pensées même dans la vie de tous les jours (lors du ravitaillement de la voiture, du jogging ou du travail dans le jardin, etc.) a un caractère subtil mais durable et donc un impact très intense.

Le deuxième mérite du mantra de la respiration est le fait que grâce à lui, vos pensées cessent facilement de dévier sur le côté; c'était comme s'ils avaient été pris dans leur état dispersé habituel de

tension et de négativité et avaient été réglés de manière constructive.

La respiration crée une structure rythmique facile à répéter qui vous permet de vous accrocher facilement à l'inhalation du mantra et de libérer rapidement l'anxiété et la tension, revenant à un état harmonieux.

De plus, la pratique du mantra de la respiration approfondit la respiration, la faisant circuler plus uniformément, ce qui a un effet bénéfique sur les sphères physique et mentale.

Et enfin, la prochaine merveilleuse opportunité est de créer vos propres affirmations, parfaitement adaptées et peut-être même complètement imaginatives en tant que mantras et de les utiliser délibérément à la fois dans des situations quotidiennes et en méditation. Vous pouvez créer un ensemble de différents mantras de respiration personnels qui conviennent à différents types d'activités ou de situations et ont des effets différents, de l'accord énergétique, de la tranquillité, de la conscience de soi ou de l'inspiration et de la lumière jusqu'à l'expansion de la conscience.

Le principe de base de la formation des affirmations de mantra est très simple (voir aussi le sujet «Affirmations» dans le chapitre «Entraînement mental»).

Vous devez formuler une affirmation ou une visualisation qui semble vous aider ou vous convenir, par exemple: «Je suis calme et conscient». L'affirmation doit être positive et formulée au présent. La phrase créée est divisée en deux parties, par exemple "Je suis calme ..." et "... et je suis conscient". La première partie est répétée lors de l'inhalation, la deuxième partie lors de l'expiration. Après plusieurs inspirations, cette répétition dans l'esprit commence à se produire d'elle-même au rythme de la respiration et peut se poursuivre pendant des heures si vous le désirez.

CHAKRAS

Chakra est un mot sanskrit qui signifie roue. Les sept chakras principaux d'une personne sont des centres d'énergie en forme de vortex, des trous à la surface du corps éthérique. Ils assurent le transfert d'énergie entre les corps grossiers et subtils.

Informations de base

L'emplacement des chakras est le suivant: le chakra principal est situé à la base du coccyx, le chakra sacré - trois doigts sous le nombril, le chakra du plexus solaire - au-dessus du nombril, le chakra du cœur - à la hauteur du cœur au centre de la poitrine, le chakra de la gorge - au-dessus du larynx, le chakra du front - entre ou immédiatement au-dessus des sourcils, et le chakra pariétal - sur la couronne.

Le tableau suivant donne une idée des chakras et de leur emplacement physique et psycho-émotionnel.

Chakras de table I

Chakra	Sphère mince	Correspondance dans le corps	Élément	Couleur
Principale	Essentiel	Muscles, os, peau	Terre,	rouge
chakra	corps		matière,	
			Puissance	
			gravitation	
Sacré	Essentiel	Le système immunitaire,	Eau	Orange
chakra	corps	rate, génitale		en dehors
		organes, intestins		
Chakra	Astral	Plexus solaire	Feu	Jaune
ventre	corps	système nerveux, mais		
		estomac, pancréas		
		glande, foie, bile		
		vessie, rein, diaphragme		

Cardiaque	Plus haute	Coeur, circulatoire	Air	Lumière-
chakra	corps astral	thymus,		vert
		poumons		
Gorge	Connexion astrale	Cordes vocales, hor-	Éther,	Turquoise
chakra	et corps mentaux	bronzage, glande thyroïde	son de en dehors	
			tonalité, art	
Chakra	Corps mental	Cerveau, vision	Éclat,	Bleu
front			esprit	
Pariétal	Le corps causal	Cerveau, pinéale	Esprit,	Fiole-
chakra	divin "je"	glande	nettoyer	camarade
			la conscience	

Chakras de table II

Chakra		Propriété ou qualité (positif négatif)
Principale	+	Vitalité, force, stabilité, santé, endurance corporelle, endurance, vitalité, sportivité, sens de la réalité, "ancrage"
	-	Faiblesse, insécurité, sens erroné de la réalité, matérialisme
Sacré	+	Envie d'activité, d'activité, masculin et féminin, sexualité, inspiration, créativité
	-	Léthargie, épuisement, perversion sexuelle,

		agressivité, manie
Plexus solaire	+	Activité, tempérament, dynamisme, clarté, harmonie, paix, bien- être, relaxation, récupération
	-	Émotivité, hystérie, troubles nerveux, colère, cupidité, mécontentement, appétit
Un cœur	+	Amour, sympathie, compassion, sympathie, antipathie, compréhension, gentillesse, acceptation du don sans réserve, chaleur, cordialité, pouvoir de guérison, joie de vivre, sentiment de beauté, sentiment de bonheur
	-	Découragement, tristesse, isolement, envie, avarice, jalousie, froideur, haine, dépression, désir de mourir
Gorge	+	La capacité à se manifester, la voix, la parole, l'affirmation de soi, le sens des responsabilités, la communication, le

		contact, la créativité, la beauté
	-	Obstacles, indécision, lâcheté
Front	+	Intelligence, intelligence, compréhension, rationalité, logique, rationalité, énergie mentale, concentration, capacité mentale, sens de l'identité, conscience de soi, volonté, capacité à diriger, tolérance, capacité à l'évaluation critique, à l'autocritique, à la maîtrise de soi
	-	Vanité, égocentrisme, désir indomptable de pouvoir, arrogance
couronne	+	Esprit, énergie cosmique, inspiration, génie, sortie au-delà, recherche de l'idéal, spiritualité, intuition, courage, capacité mentale, sagesse, conscience
	-	Idées délirantes, mégalomanie

Informations de base

Stimuler les chakras avec des fleurs et des pierres précieuses

Les couleurs peuvent avoir un puissant effet stimulant et même cicatrisant sur la psyché et le corps, qui est utilisé par exemple dans la chromothérapie, la couleur intérieure, la publicité et la conception de produits.

Vous trouverez ci-dessous un tableau général de l'effet stimulant des couleurs sur les chakras.

Couleurs de table

Couleur	Qualité	Chakra
---------	---------	--------

rouge	Énergie, force, courage	Principale
-------	-------------------------	------------

Orange	Joie, vitalité	Centre du chakra sacré hara
--------	----------------	-----------------------------

Jaune	Chaleur, calme, légèreté, clarté	
-------	----------------------------------	--

Chakra du ventre

vert	Guérison, atténuation, apaisement	
------	-----------------------------------	--

Cardiaque chakra

Turquoise	Rafraîchissant, propreté, fraîcheur	
-----------	-------------------------------------	--

Gorge chakra

Bleu	Étendue, liberté, clarté, plus un état de conscience réveillé et calme	
------	--	--

Violet	Détente mentale profonde	
--------	--------------------------	--

et clarté, tranquillité d'esprit, intuition, aller au-delà

Chakra du front

Chakra pariétal

Couleurs de chakra

et pierres précieuses

Chakra principal... En cas d'épuisement physique, de somnolence ou de faiblesse, la visualisation d'une couleur rouge énergique ou d'un feu, qui réchauffe les os, le coccyx et le plancher pelvien avec sa lumière, aide. Cela active le chakra principal et éveille de nouvelles énergies.

La pierre correspondant à ce chakra est le grenat.

Chakra sacré... Visualiser une lumière orange chaude dans le bassin et la rate nous remplit d'énergie vitale lorsque nous sommes épuisés et projette des rayons de lumière sur les nuages d'humeur triste. La

stimulation du chakra sacré crée une soif d'activité et suscite l'esprit d'entreprise.

La pierre correspondante est la cornaline.

Chakra du ventre... Le jaune ensoleillé a un effet réchauffant et relaxant sur le plexus solaire et apaise et dissipe agréablement la tristesse lors de tensions nerveuses et de stress.

Gemmes assorties: topaze dorée et ambre.

Chakra du coeur... Représentation lumière vert clair harmonise les sens et transmet un sentiment de soulagement, de libération et de guérison. Le chakra du cœur est stimulé par le vert printanier clair, ainsi que par l'or ou le rose. En cas de dépression, de chagrin ou de sentiment de solitude, la visualisation d'une lumière rayonnante rose ou dorée a un effet cicatrisant, qui nettoie et baigne la cavité thoracique.

Une pierre favorable pour le chakra du cœur est le quartz rose, le rubis et la topaze transparente vert clair ont un effet stimulant et énergisant.

Chakra de la gorge... La couleur turquoise claire stimule le chakra de la gorge et apporte en outre fraîcheur, purification et clarté qui aident à soulager la colère et l'anxiété. Lors de la visualisation d'un ruisseau glaciaire, la couleur turquoise de l'eau froide et transparente dissout les blocs, donne de la légèreté, purifie et rafraîchit.

Les pierres précieuses assorties seraient la turquoise et la calcédoine.

Le bleu donne de la vigueur, de la concentration et une pensée calme et claire. La qualité du bleu correspond à la sensation d'espace aérien et de liberté. Il a un effet clair et apaisant sur l'esprit, par exemple l'image d'un large ciel bleu brillant sur lequel flottent des nuages blancs,

Informations de base

changeant leur forme et se dissolvant finalement dans le bleu infini du ciel.

Les gemmes assorties sont l'aigue-marine, le saphir et le lapis-lazuli (ce dernier ne doit être porté qu'au-dessus du chakra abdominal afin

que les énergies soient collectées dans la zone de la tête et une concentration accrue).

Chakra pariétal... Le violet lumineux est la couleur de la transcendance qui élargit et éveille la conscience. Le violet apporte une profonde tranquillité d'esprit, du courage et une clarté d'esprit, des expériences mystiques et de l'intuition. Une visualisation appropriée serait une couleur violette claire qui remplit la tête d'éclat. La gemme correspondante serait l'améthyste.

Les méditations d'harmonisation des chakras seront présentées dans la partie pratique sous forme de méditations sur les couleurs des chakras. De plus, les gemmes peuvent être travaillées pour activer, stimuler ou guérir les chakras. Pendant la méditation, la pierre nécessaire est placée sur le chakra correspondant ou maintenue dessus.

En plus de l'action des pierres correspondant aux chakras, nous mentionnerons également les propriétés essentielles de plusieurs autres pierres précieuses importantes.

Le cristal de roche transparent est particulièrement adapté pour rassembler les vibrations lumineuses de guérison de la méditation et ainsi approfondir les méditations ultérieures. On dit que le cristal de roche recueille toutes les énergies dans son domaine (y compris mental et émotionnel) et qu'il ne devrait être placé que pendant la méditation ou le travail de guérison, et dans d'autres cas, stocké dans un endroit protégé.

Le quartz fumé sert de gemme nettoyante et l'améthyste (avec son effet stimulant sur le chakra pariétal) est utilisée dans les pratiques de guérison pour soutenir le soulagement de la manie. On dit que le quartz rutile (un quartz transparent avec des taches d'or) donne du courage au porteur.

Les pierres noires et denses, en particulier l'onyx ou l'obsidienne des neiges, servent à protéger les chakras et l'aura.

Sens spécial

et fonction du chakra du cœur

Le chakra du cœur occupe une position clé, car l'état général de conscience, ainsi que le niveau de vitalité et de joie de vivre, dépendent essentiellement de l'état du chakra du cœur. Ce chakra correspond essentiellement aux attitudes sociales et aux traits de caractère d'une personne.

L'image d'une personne sans cérémonie qui, indépendamment de quoi que ce soit, poursuit ses propres intérêts et s'efforce de gagner sa force et sa supériorité personnelles, est un exemple d'un niveau de conscience étroit et bas. La conscience d'une telle personne se distingue par l'égoïsme, la domination, la cupidité et l'agression. Son monde émotionnel est régi par des sentiments négatifs tels que la tension, la colère, l'envie, les pensées de compétition et la haine. Le chakra du cœur est bloqué et donc la connexion avec le flux primordial naturel d'énergie spirituelle que le chakra du cœur donne est affaiblie. Parfois, les qualités positives de la vie - joie, plaisir, paix intérieure et bien-être sont tellement bloquées qu'une personne avec de tels blocages cherche à compenser le manque d'énergie en mangeant ou, dans les cas extrêmes, en se droguant.

Le contraire de ce qui précède incarne l'idéal
un type lysé de personne tolérante et aimante qui

Informations de base

qui inclut d'autres personnes dans sa conscience, agit de manière altruiste et compréhensive, est capable de se réjouir du succès des autres sans envie et est capable, à l'occasion, de mettre sa personnalité de côté et de se soumettre à servir la cause. Son monde de sentiments et de conscience est vaste et libre de l'énergie négative d'aversion, de condamnation ou de dégoût, et tout aussi libre des contraintes causées par la jalousie, l'envie ou la cupidité.

Il lâche prise intérieurement et est en liberté intérieure. Le chakra du cœur brille vivement et largement. L'énergie d'origine est absorbée et distribuée. L'état d'affabilité joyeuse et naturelle s'établit par lui-même. Une personne est consciente, équilibrée et fiable, a une énergie mentale et physique égale (ainsi que le pouvoir de concentration et de vitalité), elle résiste à la déception.

Une personne dans un tel état est sans effort dans le flux de la vie ou du flux, elle est remplie d'énergie vitale et d'inspiration, elle

ressent un sentiment d'ampleur et de paix intérieure. Dans les sphères subtiles, le chakra du cœur est ouvert et rayonne de chaleur, ainsi, la sphère astrale est remplie d'harmonie et de contentement. Le domaine mental est libre, clair, éveillé et mobile. Dans la disposition verticale des chakras, le chakra du cœur occupe également une position clé.

Par conséquent, en raison de l'état ouvert et transmettant la lumière du chakra du cœur, le reste des chakras est également harmonisé et guéri, ce qui élimine toutes sortes de physique et psychologique, la sphère astrale est remplie d'harmonie et de contentement.

problèmes chimiques.

C'est tout - peut-être que tout est absolument clair, mais ... facile à dire!

Naturellement, il faut un peu plus d'une seule fois pour prendre la décision délibérée de continuer à parcourir le monde avec une couleur dorée brillante du chakra du cœur. Les stéréotypes de pensée et de comportement ont été appris depuis l'enfance, et ils ont pris racine. Par conséquent, les bonnes intentions ne persistent pas toujours en nous plus de quelques heures.

Si une personne veut vraiment s'améliorer - développer votre personnalité et acquérir l'énergie pour changer

qualité de vie, il a besoin d'exercices méditatifs pour le nettoyage psycho-émotionnel et d'efforts constants visant la discipline mentale et émotionnelle (pensée constructive et amicale).

Afin de parvenir à la transformation des habitudes de pensée et de sentiment négatives à l'aide d'exercices méditatifs, et donc - l'harmonisation de la personnalité, en plus des exercices sur les chakras, je propose des exercices spéciaux pour le chakra du cœur. Ils aident à ajuster de manière plus constructive vos pensées et vos sentiments, et à vous libérer du fardeau intérieur contraignant (par exemple, l'aversion, l'agressivité, l'envie, la haine, etc.), ainsi qu'à abandonner vos limites. Ces exercices nous encouragent à imprégner nos motivations d'amour et de convivialité, qui sont peut-être les conditions préalables les plus importantes au bien-être et à la joie de vivre.

MOTIFS

Ces motifs qui viennent d'être mentionnés sont un facteur important pour l'état de conscience, le bien-être et le développement d'une personne. La religion bouddhiste est particulièrement attentive à la pureté des motifs, obligeant une personne à les évaluer constamment. Par «motifs purs», nous entendons leur orientation constructive, c'est-à-dire que sa propre volonté doit être en harmonie avec les intérêts et la santé des voisins, des autres êtres et de l'environnement tout entier.

Les «motifs impurs» correspondent exclusivement à des motifs égoïstes, dans lesquels une personne n'est pas prête à prendre en compte la santé des autres, mais poursuit ses propres objectifs et les atteint par tous les moyens. Au fil du temps, cela conduit non seulement à un isolement social, mais aussi à une sorte d'isolement énergétique, ce qui nuit à la santé et accélère même le processus de vieillissement. (Peut-être que la «motivation pure» est la raison la plus importante pour laquelle tant de lamas tibétains, même à un âge extrême, sont incroyables

Informations de base

jeune, sans rides et exceptionnellement de bonne humeur ...)

Ainsi, la «motivation pure» contient des une direction qui met une personne en harmonie avec toute la création. Et cet accord crée une condition préalable à la divulgation de la santé spirituelle et physique, du développement spirituel et de la maturation. Les méditations s'approfondissent, les sphères les plus subtiles de la personnalité deviennent plus claires et les chakras s'ouvrent et reçoivent plus d'énergie. Ensuite, la personne semble en bonne santé, intégrée à la société, populaire et peut-être même jouer un rôle social.

Si une personne souhaite se développer spirituellement à cet égard, il est utile d'évaluer ses motivations encore et encore chaque jour. Des motifs purs, des traits de personnalité positifs tels que l'esprit d'équipe, le tact et une véritable capacité à s'unir, qui portent avec eux l'affection et l'amour humain, coulent. Cette attitude, bien sûr, n'entre pas en conflit avec la réalisation de leurs revendications,

intérêts ou désirs raisonnables justifiés. Le but de la «motivation pure» est simplement de ne pas la diriger contre les autres, même si ces autres ne sont pas aimés.

Puisque «l'impulsion pure» est en effet fondamentale, de nombreuses méditations se terminent par une courte harmonisation à cette impulsion pure ou accueillante, constructive ou aimante.

MÉDITATION POUR RENFORCER LA CONSCIENCE

Conscience et réalité

«Seule la conscience est réelle», dit Ramana Maharshi, le grand sage indien du 20^e siècle.

La religion et la philosophie orientales voient le monde comme un jeu, pas plus réel que nos pensées. Bien sûr, pour de nombreuses personnes, le monde est parfois douloureux. La philosophie orientale l'interprète ainsi: situations et événements

contenir eux-mêmes une leçon, ils sont appelés à nous aider à révéler notre potentiel spirituel et à devenir libres.

Une telle vision permet de percevoir les circonstances de la vie comme une opportunité de maturation et de prise de conscience. Si nous percevons les événements de la vie comme un défi, alors ils affecteront notre état intérieur et contribueront au développement spirituel. Dans le processus de croissance spirituelle, nous traversons d'innombrables coïncidences de circonstances, qui ressemblent parfois à des mises en scènes de pièces de théâtre. Et tout comme les pièces de théâtre, elles ne gouvernent pas une réalité indépendante, mais ont une valeur et un sens subjectifs que nous leur donnons nous-mêmes à travers nos émotions.

Nos propres qualités causent dans le monde extérieur, à la fois une réaction évidente et des réponses plus subtiles. Ces réponses, souvent sous forme d'embarras et de trouble, peuvent être interprétées comme une réflexion et donc comme une correction ou un remède.

Le concept oriental de karma décrit ce mécanisme d'une manière similaire. L'état de conscience, nos sentiments, nos pensées, nos paroles et nos actions - ce sont des raisons qui entraînent des conséquences à long terme qui reviendront un jour à la source. Ces conséquences ne sont pas des «récompenses» ou des «punitions», elles doivent être comprises uniquement comme des interactions, des réponses qui nous corrigent, qui aident et servent notre croissance.

À cet égard, la douleur ou la souffrance est peut-être la fonction la plus importante pour éclaircir et concentrer notre conscience.

La douleur peut porter en elle-même la possibilité de maturation et de détermination de nos priorités, parfois elle peut même «réveiller l'âme», qui s'est endormie à cause des «affaires importantes» matérielles quotidiennes. La souffrance dont nous avons si peur peut nous conduire à une conscience plus élevée, nous rendre plus empathiques, aimants et reconnaissants. Mais tout autre problème, du point de vue de la disponibilité à apprendre, contient une invitation à le percevoir comme une opportunité et un moyen de manifester notre potentiel.

Informations de base

Ce point de vue nous aide à utiliser la situation comme source d'information. Si vous parvenez à établir une relation causale entre les événements et vos dernières actions, alors avec l'aide de cette connaissance, vous pouvez directement influencer votre âme, au lieu de faire uniquement des changements externes ou de vous rebeller contre une situation qui ne peut pas être changée. Prendre sa propre responsabilité dans une situation vous donne l'opportunité de l'influencer à travers votre propre état de conscience et d'influencer directement sa source, au lieu de travailler sur les symptômes et les conséquences (ce qui est inutile dans la plupart des cas). Considérées de cette manière, les situations de vie peuvent être interprétées comme le reflet de notre propre développement, contenant des informations et sujettes à des inter-symboles de simulation.

Si à la fin une personne mûrit pour se distancer de plus en plus intérieurement de ce qui se passe et le percevoir plutôt transpersonnel, alors il lui devient possible d'incarner la «bonté qui embrasse tout» ou l'amour désintéressé et inconditionnel. Ainsi, selon les paroles des sages, les circonstances extérieures remplissent leur but.

En devenant indépendant des événements, des relations et des choses, vous pouvez atteindre une paix vraie et profonde, un bonheur intérieur et une harmonie. En fin de compte, la conscience est perçue comme la seule réalité. A partir de ce moment, une

personne devient capable de vivre dans un état de clarté et de liberté et de contempler le «jeu du monde» avec calme.

Ces processus de transformation peuvent s'étendre sur de nombreuses années, pour finir dans un état stable de clarté de conscience, de force spirituelle et d'amour. Cela signifie que la personne a montré son potentiel spirituel. Sa conscience individuelle retourne à la félicité originelle et se réunit avec la conscience divine.

Les méditations décrites dans ce chapitre servent à élargir la conscience et à conduire un pas plus loin dans le

direction. Ils peuvent nous donner des impulsions pour nous libérer des collisions du monde quotidien avec ses problèmes et ses émotions et nous connecter plus fortement avec notre propre «Je» divin qui habite en nous. Laissant aller notre propre petit monde, nous devenons capables de comprendre intuitivement la liberté et la divinité en nous-mêmes.

MÉDITATIONS POUR L'ACCORDEMENT AU DIVIN

Beaucoup de ceux qui sont plongés dans une recherche consciente du divin et qui aspirent à leur propre révélation spirituelle en recherchent l'inspiration de différentes manières: des pierres précieuses à l'astrologie, en passant par les cartes de tarot, la thérapie naturelle, la musique sacrée, les livres ésotériques, etc. ...

Bien que ces remèdes puissent être très utiles, leur effet n'est néanmoins pas comparable à la méditation et au pouvoir de la prière concentrée. Toutes les aides restent superficielles si vous ne connaissez pas l'essence. Pensée et sentiments constructifs disciplinés, convivialité et gentillesse comme partie intégrante de la personnalité, méditations régulières, ainsi que le désir de s'accorder le plus souvent possible au divin.

Cela semble si compréhensible, mais il est parfois très difficile d'établir l'autodiscipline nécessaire. Souvent au premier plan se trouvent nos propres désirs, attachements et dépendances, ainsi que diverses émotions qui s'éloignent de la «conscience divine».

Cependant, même des problèmes difficiles et difficiles tels que la manie, la haine ou la colère peuvent être résolus grâce à ces méditations. S'ils sont réalisés systématiquement, leur effet libérateur se manifeste plus clairement.

Par exemple, les méditations de ce chapitre sont les meilleures pour laisser aller une préoccupation limitée.

Informations de base

vous-même, différentes dépendances et qualités négatives et les dissoudre dans le divin.

Exister une autre étape au-delà des pratiques ci-dessus. Celui qui a parcouru le chemin de la spiritualité et de la recherche de Dieu peut le plus profondément ouvrir l'inspiration divine et retourner à l'union avec Dieu, si, comme l'enseignent les bouddhistes, il consacre son progrès spirituel à tous les êtres. Par conséquent, cette belle prière bouddhiste est incluse dans certaines méditations spirituelles. Quand la méditation est faite avec l'attitude:

«Seigneur, s'il te plaît, accorde-moi l'amour et la guérison et éclaire-moi pour le bien de tous les êtres vivants», une profonde ouverture

spirituelle et une expansion du cœur ont lieu. Ce dévouement aide tous ceux qui luttent pour la croissance spirituelle, et non pour la stagnation dans «l'égoïsme spirituel» ou l'arrogance.

Entraîne toi

TECHNIQUES DE DÉTENTE

et exercices de respiration

Détente profonde

La relaxation profonde est basée sur l'auto-hypnose, qui peut affecter de manière mesurable les fonctions physiologiques du corps. La concentration sur la «lourdeur» réduit le tonus musculaire, l'instillation de chaleur améliore l'apport sanguin périphérique, une autre suggestion détend les organes abdominaux et pelviens, ainsi que le plexus solaire. La respiration et les échanges tissulaires sont ralentis, le corps entre dans un état de sommeil. Ainsi, la tension nerveuse est soulagée, les systèmes physique et nerveux sont restaurés.

Détente profonde du corps

Position couchée, 10-30 minutes

Pour commencer, je m'étire de tout mon corps, levant les bras au-dessus de ma tête et m'étirant sur toute sa longueur. Après cela, je m'allonge détendu. La colonne vertébrale est, si possible, pressée contre le sol, les mains sont placées à côté du corps ou sur le ventre. Les omoplates sont confortables. La nuque est détendue.

Je peux sentir ma main droite très clairement. La main est complètement détendue, la paume est libre. Je peux sentir le poids de ma main. La main droite est toute chaude.

Mon attention va maintenant vers ma main gauche, qui est également complètement détendue. Je peux sentir son poids. Ma main gauche est détendue et chaleureuse.

Mon attention se porte sur ma jambe droite. Ce faisant, je détends la cuisse, le mollet et le pied afin qu'il puisse basculer librement sur le côté. Je peux sentir la surface d'appui et le poids de ma jambe.

Entraîne toi

Mon attention se porte sur ma jambe gauche. Je détends à nouveau les muscles de mes cuisses, mes mollets et mes pieds. Il y a aussi une agréable lourdeur dans la jambe gauche, et je sens la surface qu'elle occupe.

Les deux pieds sont bien approvisionnés en sang et chauds jusqu'aux pieds, de sorte que la plante des pieds et les orteils sont complètement chauds.

Mon attention va dans mon dos. Les muscles du dos et du cou sont complètement doux et détendus. Si je remarque encore des tensions dans ce domaine, dans mon imagination, je les laisse simplement couler. Je sens un poids agréable et j'apprécie la sensation que la terre me soutient.

Une sensation de repos agréable et de chaleur douce se répand dans la cavité abdominale. Je me sens parfaitement en bonne santé et satisfait. Les organes abdominaux et pelviens sont libres et détendus. Une chaleur douillette se propage de l'abdomen à tout le corps.

La poitrine est large et complètement libre, le souffle coule comme un vent doux et vital. Je peux sentir les flux légers d'inspiration et d'expiration et le mouvement de la respiration dans mon corps.

La tête repose librement sur une surface dure, je suis complètement éveillé, la conscience est claire. Le front est détendu et les sourcils sont légèrement séparés les uns des autres. Les paupières sont détendues, tout comme les petits muscles autour des yeux. La peau du front et du contour des yeux est fraîche et rafraîchie.

La peau des joues et de la bouche est détendue, les lèvres sont couvertes sans tension. Les muscles à mâcher sont détendus de sorte qu'il y ait peu d'espace entre les mâchoires.

Je me permets de me noyer dans ce calme agréable, comme dans un bain moussant chaud et aromatique.

Ma conscience reste alerte et claire, et je peux profiter de la paix dans l'état de veille.

Je me sens miraculeusement libre et à l'aise et je me repose dans un profond silence.

Chaque cellule de mon corps est remplie d'énergie fraîche et je me sens absolument pleine de force, joyeuse et claire.

Une forme courte de relaxation corporelle profonde

Assis pendant environ 5 minutes

Avec des respirations profondes, je lâche facilement tous les restes de tension, chaque expiration apporte plus de liberté et de soulagement.

Je baisse mes épaules. Tous les muscles sont complètement détendus, une agréable lourdeur se fait sentir dans les bras et les jambes.

Les paumes sont complètement chaudes. Je peux sentir la chaleur de mes pieds.

Mes muscles abdominaux sont complètement détendus et les organes mous, de l'estomac et du bassin sont détendus et libres. Avec un lent et profond soupir de relaxation, je laisse le souffle couler vers la région pelvienne.

Le souffle s'écoule maintenant de manière fluide et uniforme.

La peau autour des yeux et les traits du visage sont doux et détendus. Le front est frais.

Maintenant, seuls mon bien-être et ma paix comptent, toutes les autres pensées s'échappent, j'oublie le monde ...

Satisfaite, je me noie dans cette paix et profite de la chaleur de mon corps.

Une respiration relaxante

Sert une relaxation profonde; effectué en décubitus dorsal

Le dos est allongé et la colonne vertébrale est aussi plate que possible. Les mains sont placées à côté du corps.

Inhaler Je serre ma main droite et en même temps serre ma paume droite dans un poing - pendant que je lève ma main tendue tendue à quelques centimètres du sol. En expirant, je ramène mon bras complètement détendu vers le sol et je détends les muscles de mon bras et de ma paume. La main est maintenant complètement détendue et repose sur le sol avec un poids agréable. Maintenant, tout en inspirant, je serre ma main gauche et serre ma paume gauche en un poing, tandis que je lève légèrement la main du sol. Avec une expiration, je m'abaisse complètement détendu et

Entraîne toi

main bien lourde en arrière. Maintenant, la main gauche est également détendue sur le sol.

Maintenant, en inspirant, je tends ma jambe gauche jusqu'aux orteils, tout en la soulevant un peu. A l'expiration, la jambe gauche, complètement détendue et lourde, retombe sur le sol.

En inspirant, je lève facilement la tête et la baisse en arrière en expirant.

Le corps tout entier ressent désormais une agréable lourdeur et détente. J'apprécie le sentiment d'être absolument passivement allongé sur le sol - sur le sol qui me tient.

TRANSFERT D'ÉNERGIE

de l'exercice à la vie quotidienne

Phase d'activation après relaxation profonde en décubitus dorsal

Rafrâchit et active l'énergie après la relaxation ou la méditation

Mon esprit revient complètement à la situation actuelle. Je sens mon propre poids et le sol sur lequel je m'allonge.

Ensuite, je me concentre sur mes pieds et bouge légèrement mes orteils. Je commence à faire pivoter mes pieds pour que les articulations des pieds soient beaucoup étirées. Ensuite, je contracte les muscles des jambes à plusieurs reprises, ainsi que les muscles des fesses. Je serre les poings, serre les muscles de mes bras durement, et

combien de fois je m'étire.

Je respire profondément et je me sens rempli d'énergie fraîche.

Maintenant je bouge et je plie le dos. Je lève mes jambes vers mon ventre et j'enroule étroitement mes bras autour d'eux. En même temps, je respire profondément au centre de l'abdomen, pour pouvoir ressentir le mouvement de la respiration dans le dos. Dans cette position, je me repose en toute sécurité et en toute sécurité. J'abaisse à nouveau mes pieds et j'étends complètement mes jambes.

Lors d'une profonde inspiration, je tend simultanément tous les muscles du corps, avec la sensation de revenir de détente plein de force et de confiance en soi. En expirant, je me détends à nouveau.

Je suis alerte, fraîche et claire et j'apporte avec moi la paix intérieure et l'énergie de relaxation profonde.

Phase d'activation après l'exercice assis

Rafrâchit et active l'énergie après la relaxation ou la méditation

Avec une profonde inspiration, je ramène mon esprit et ma conscience à la situation présente et je commence à étirer tout mon corps. J'étire mes jambes et les redresse avec force plusieurs fois.

Je me concentre sur mes pieds et m'étire

articulations de la cheville, rotation des pieds.

Maintenant, je m'étire de toute ma hauteur et j'étire alternativement mes bras haut vers le plafond.

J'abaisse mon corps vers l'avant jusqu'à ce que je touche mes pieds, me relève et plie le bas du dos des deux côtés. Je fais rouler mes omoplates, puis j'incline la tête vers la droite, la gauche, l'avant et l'arrière.

Maintenant avec une respiration vigoureuse, j'active l'énergie de l'état de relaxation. À chaque respiration profonde et longue, je contracte fortement les muscles de mon corps et je ressens en même temps ma force et ma conscience de soi. À chaque respiration profonde, je libère cette tension et ressens la paix.

Je suis gai, frais, mon esprit est clair.

Protection et ancrage de l'aura et des chakras

Quiconque est engagé dans la méditation depuis un certain temps et est suffisamment sensible au rayonnement des autres et au sens de la situation, il est important de protéger l'aura et les chakras après une immersion dans une relaxation profonde ou une méditation.

Entraîne toi

tion. Cela se produit déjà lors de l'activation, mais la protection peut être renforcée grâce à la visualisation suivante.

Je me sens consciemment dans cette merveilleuse humeur paisible. La liberté intérieure dans les pensées et les sentiments me donne la protection la plus efficace et la plus importante, et donc je crée l'intention de ne penser que de manière constructive et accueillante, d'agir en fonction de la situation et d'être toujours calme. De cette façon, je crée une vibration protectrice qui m'enveloppe d'un voile de lumière.

De plus, j'imagine mes chakras, un par un, scellés par des cercles de lumière blanche et brillante. Je commence par le chakra de la couronne, puis je scelle le chakra du front, le chakra de la gorge, le chakra du cœur, le chakra du ventre, le chakra sacré et le chakra de base.

Mon aura et tout mon être sont remplis de lumière et je me sens en bonne santé et en sécurité.

Maintenant, je sens la force gravitationnelle de la terre, qui me tient fermement et en même temps me porte. Un large faisceau magnétique pénètre profondément dans le sol depuis mes pieds et mon coccyx. Ces rayons m'ont fermement enraciné dans le sol.

EXERCICES DE RESPIRATION

La respiration est notre source d'énergie la plus importante, qui fournit au corps physique l'oxygène nécessaire à la vie, et au corps éthérique le soi-disant prana, ou qi, c'est-à-dire l'énergie vitale subtile. Un diaphragme détendu et libre est une condition préalable à une respiration saine, ainsi qu'à une respiration qui peut pénétrer profondément dans l'abdomen. Le diaphragme peut être appelé un muscle respiratoire, qui s'élève lors de l'inhalation, tandis que l'abdomen est légèrement arrondi vers l'avant et que le muscle cardiaque est allongé. À la sortie, le diaphragme revient dans sa position d'origine.

Ainsi, avec une respiration calme, tous les organes abdominaux, ainsi que le muscle cardiaque, reçoivent un massage doux et une stimulation.

Entre les respirations et l'état émotionnel a un lien fort. Au cours de la «jonction psychosomatique» du plexus solaire à travers le ton du diaphragme (ou de la musculature générale), des pensées tendues, c'est-à-dire en colère ou craintives et inquiètes sont transférées. Une seule pensée de colère ou de peur conduit déjà à une redistribution de la substance porteuse d'informations dans le cerveau et à un spasme du diaphragme et des muscles généraux, qui, entre autres, a un effet direct sur les fonctions des organes et la circulation sanguine.

La conséquence d'un spasme chronique du diaphragme est une violation de la respiration saine dans l'abdomen, qui fournit au corps de l'oxygène (énergie) en abondance et, de plus, masse les organes internes, harmonisant leur travail. Un diaphragme tendu ne conduit qu'à une respiration thoracique superficielle. En raison d'une telle respiration, moins d'oxygène pénètre dans le corps, l'approvisionnement en sang et le fonctionnement des organes se détériorent et, par conséquent, l'état nerveux et les performances corporelles et mentales. Un tel état tendu et agité est appelé «dystonie végétative», dont les conséquences se manifestent

souvent par des maladies psychosomatiques telles que des troubles du sommeil, des problèmes avec l'estomac et la digestion et ainsi de suite.

Poursuite de l'harmonisation de la respiration et la nutrition énergétique sont (comme déjà mentionné, en plus des pensées constructives) les exercices de respiration simples suivants d'une durée de cinq à dix minutes. Si une sensation de vertige survient pendant l'exercice de respiration, cela est dû à un débit élevé d'oxygène inhabituel pour le corps, qu'il ne peut toujours pas utiliser. Cette sensation de vertige s'arrête dès que la respiration devient habituelle; la durée de l'exercice doit être compatible avec la capacité du corps à absorber l'oxygène,

il peut augmenter progressivement.

Le rythme respiratoire et la profondeur de l'inspiration doivent toujours correspondre à l'état de santé et aux sensations subjectives, ils ne doivent pas être supprimés.

Entraîne toi

Respiration du ventre

Sert une relaxation profonde

Dans une position assise confortable, les bras sont croisés sur le bas de l'abdomen.

Plusieurs fois, j'inspire profondément et fort, soulageant ainsi la tension dans le plexus solaire et le diaphragme. Maintenant, je commence à respirer lentement et profondément "dans les mains", de sorte que les bras et la paroi de l'abdomen soient légèrement en avant, et à l'expiration ils reviennent.

Respiration rythmique

Sert à une relaxation profonde Effectuée dans une position assise confortable ou couchée sur le dos.

Plusieurs fois, je soupire profondément et fort. Maintenant, ma respiration se transforme en respiration profonde du ventre, et je peux sentir mon ventre monter et descendre de la respiration. Je respire uniformément, en inspirant, je compte jusqu'à sept - puis je

retiens ma respiration pendant sept secondes et pendant sept secondes j'expire, de manière à libérer tout l'air de mes poumons.

Respiration profonde en "circonférence"

Cet exercice de respiration est bénéfique pour les tensions excessives, la nervosité, l'excitation émotionnelle et les douleurs au dos et au cou liées au stress. Dans cette position, les muscles du dos et du cou s'étirent et se détendent, de plus, la position câlinée du corps est si apaisante et équilibrante qu'il est facile de rétablir le centrage interne et de se reposer en toute sécurité.

Les jambes pliées, je m'assois sur le sol et j'enroule mes mains autour de mes hanches sous mes genoux. Puis j'ai détendu ma tête en avant. Avec les muscles de mon dos détendus, ma tête tombe sur mes genoux serrés, de sorte que je puisse mettre mon front sur mes genoux; cela se produit de manière détendue et sans effort volontaire.

Maintenant, je tourne mon attention vers le centre de moi-même, vers la cavité abdominale. Je commence à respirer lentement et profondément, de sorte que lorsque j'inspire, la paroi abdominale appuie légèrement sur mes hanches. Ma concentration et ma conscience restent au centre de l'abdomen et ne font qu'un avec la respiration. Je ne laisse pas les pensées et les émotions m'emporter, je reste dans mon centre et je ne perçois rien d'autre que mon souffle.

J'apprécie la sensation de ma respiration et un séjour sûr et paisible en moi-même.

Haleine nettoyante yogique

Cet exercice apaise, harmonise et nettoie

Je m'assois le dos droit et je pince alternativement chaque narine avec mon pouce et mon index.

J'inspire profondément et lentement par la narine droite et j'expire profondément et lentement par la gauche.

Maintenant Chaque fois que j'inspire par la narine par laquelle j'ai expiré avant: c'est-à-dire que j'inspire alternativement à gauche et

j'expire à droite, puis j'inspire à droite et j'expire à gauche.

Respiration énergétique

La respiration énergétique a un effet énergisant et revitalisant. Il peut être pratiqué debout ou couché et est particulièrement adapté pour retrouver l'état de veille et la forme physique après méditation et relaxation. Cela devrait être fait trois à sept fois.

Lors d'une longue inspiration par le nez, je contracte au maximum tous les muscles du corps. Je maintiens cette tension pendant un moment et je réalise ma force et ma puissance. Maintenant, j'expire par la bouche et je détends à nouveau tous mes muscles.

Souffle ancré

Cet exercice a un effet stabilisateur connexion et se connecte avec sa propre force

Entraîne toi

Je m'assois debout sur une chaise ou je prends position pour la méditation. Dans mon imagination, j'imagine que je suis une montagne et que je grandis de la terre. Comme une grande et puissante montagne, je monte haut dans le ciel.

Puissant et inébranlable, solidement relié au sol, le sommet de la montagne s'élève dans le ciel, soufflé par un vent frais.

Sur une profonde inspiration, j'imagine comme si je tirais de l'énergie de la terre - vers le haut, jusqu'au «sommet de la montagne», ma couronne - puis en expirant, je permets à cette énergie de s'écouler profondément dans le sol à nouveau. À chaque respiration, la connexion avec la terre devient plus forte et plus profonde, je me sens inébranlablement stable et pleine de force.

Respirer par le front

La respiration par le front affecte surtout la sphère de l'esprit et le pouvoir de concentration, elle revitalise l'esprit et apporte une sensation de fraîcheur.

Je m'assieds droit et observe le léger flux de ma respiration pendant un moment jusqu'à ce que je sois complètement calme.

L'air qui entre est frais et cool, aller dehors - réchauffé. En inspirant, j'imagine un flux d'air frais qui monte, légèrement et de manière

rafraîchissante, se dirigeant vers le front, créant une sensation claire et transparente dans le front. Chaque expiration est une relaxation interne qui a un effet calmant.

Relâcher le souffle

Cet exercice de respiration est relaxant et relaxant, et il a également un fort effet curatif dans les humeurs dépressives ou la tristesse; effectué en position assise ou couchée sur le dos.

À chaque respiration, je prends l'air du grand ciel, où que je sois. Chaque souffle me relie à la largeur et à la liberté infinies du ciel. Le flux de mon souffle

donnemoi une sensation intérieure de latitude et d'espace aérien. Cela me transmet une sensation de libération dans la région de la poitrine alors que je fusionne consciemment avec l'élément Air. Je respire dans la largeur et la liberté du ciel bleu brillant et je sens ma cage thoracique pleine, large et libre. Chaque souffle me souffle avec un vent doux, et je ne fais qu'un avec ce vent - aérien, fumant, infiniment libre. Je peux me répandre aussi largement que je veux. Je me sens incroyablement léger et frais.

Une haleine apaisante

Dans cet exercice, la respiration est ressentie de manière totalement passive, il faut laisser son rythme se plonger dans une profonde relaxation; exécuté couché sur le dos.

Je m'imagine allongé sur un grand matelas pneumatique épais et dérivant à la surface d'une mer ensoleillée juste au large de la côte.

De manière assez passive, je ressens comment le matelas à air doux porte mon corps en toute sécurité, et je me sens complètement libre et détendu.

Le soleil remplit doucement et agréablement mon corps de chaleur, en particulier la région de l'estomac baignée de chaleur.

De temps en temps, une brise rafraîchissante et fraîche me caresse le visage.

Je regarde dans le ciel bleu radieux dans sa largeur claire et respire absolument librement et détendu.

Maintenant, je laisse ma respiration s'accorder au rythme des vagues qui jouent: à chaque respiration, je sens comment une longue et douce vague me soulève doucement et lentement, et à chaque expiration je glisse doucement dans la cavité de la vague.

J'aime me balancer sur les vagues de mon souffle. Et je me sens complètement en sécurité en moi-même, et ma respiration me berce doucement et paisiblement.

Miraculeusement réchauffé et satisfait, je laisse mes pensées rentrer dans la situation actuelle.

Méditation sur les images

RELAXATION PSYCHOLOGIQUE PROFONDE

Grâce à la visualisation d'images, l'activité mentale se calme, de sorte qu'une personne peut se libérer des pensées, des soucis ou de la colère du quotidien et se détendre non seulement physiquement, mais aussi mentalement. De plus, la présentation d'images transmet au subconscient des impulsions positives et agréables qui améliorent l'état émotionnel.

Les méditations d'images suivantes servent à se détendre profondément et à atteindre la paix corporelle et mentale. Ils équilibrent particulièrement bien les fonctions corporelles; soulager la tension nerveuse, augmenter l'apport sanguin périphérique, réduire le tonus musculaire et ralentir la respiration, afin que le corps et le système nerveux puissent récupérer.

Lorsque vous effectuez des méditations sur des images, il est recommandé de faire d'abord une courte forme de relaxation corporelle et de terminer l'exercice en activant le corps.

Les méditations d'images conçues pour une relaxation profonde doivent être effectuées en position couchée, comme pour les autres méditations d'images, vous pouvez essayer dans quelle position cela fonctionne le mieux: avec l'exercice de relaxation en position couchée, la relaxation physiologique est plus profonde, mais avec elle la rend plus facile de s'endormir accidentellement. En méditation au repos, ce n'est pas un problème, mais le sommeil doit être limité à une vingtaine de minutes en utilisant le réveil, sinon la circulation des fluides est trop faible. Lors de la méditation sur l'entraînement mental, la guérison ou la stimulation de la sphère des sentiments ou des pensées

cet effet de l'endormissement est moins souhaitable. Dans ces cas, il faut méditer assis pour rester éveillé et maintenir une concentration plus élevée.

La paix intérieure

Relaxation mentale et mentale; effectué allongé

Avec un sentiment de plaisir, je me permets de m'enfoncer encore plus dans la relaxation. Je peux clairement sentir le poids de mon corps et laisser passivement le sol me retenir. Encore plus profondément je m'enfonce dans une paix agréable.

Je suis rempli d'un sens sain de la permission et de la paix. Je me sens très bien; Je suis à l'aise avec moi-même et dans toute ma situation. Je pousse un soupir de soulagement et je me sens léger et libre. Tout mon être est rempli de paix, chaque cellule, chaque fibre de mon «je».

Je respire en paix et chaque respiration s'écoule facilement et en douceur. Et je me sens enveloppé de paix, comme un parfum doux et cicatrisant qui m'entoure de lumière et de douceur.

Une petite plume légère blanche apparaît devant le regard intérieur, qui vole in a stream of soft wind. I watch the wind carry him over meadows, over grasses and meadow flowers. A light white feather slides further and further. It flies over a clear stream, past bushes and crooked old trees ... over hilly meadows ...

Finally, the feather hits the green crown of one of the trees, until a gust of wind raises it back into flight. Shining white, it rises into the clear blue sky and soars even higher. I can still make out a small feather, although it is getting more and more removed and getting smaller, until it finally dissolves in the blue of heaven.

Meditation on images

I feel pleasant, calm and clear. In complete safety, I rest in myself, surrounded by a pleasant calm, light and warm. I continue to be in this sense of deep peace and contentment when I again

I "pop up" and completely return to the situation.

Forest Glade

Physical and mental relaxation; performed lying down

In my imagination, I imagine going for a walk in the woods on a sunny May morning. I give up all my daily activities and walk easily and joyfully past the trees. With every breath I absorb the fresh scent of the forest: the pungent smell of trees and firs, the moist smell of

the soil, the scent of moss and herbs. With pleasure I breathe in the clean forest air.

I gaze intently at the soft, velvety cover of moss from which the stump grows. Deep greens seem to glow from within. Fans of a parrot and a soft green clover, on the leaves of which dew drops still sparkle, are burning with bright colors nearby.

Il y a un joyeux chant d'oiseaux, et je vois le soleil, dont les rayons dorés jaillissent à travers les grands sapins vert foncé. D'une démarche légère, avec une sensation de fraîcheur, je déambule entre les grands pins et sens sous mes pieds un doux couvert forestier, parsemé d'aiguilles.

Au bout d'un moment, une clairière ensoleillée avec un petit lac s'ouvre devant moi. L'eau claire devient verte et plusieurs nénuphars roses se balancent sur les petites vagues scintillantes.

Cette scène idyllique est remplie de sérénité et de sérénité alors que je descends sur la rive moussue du lac. Je regarde les roseaux se balancer dans le vent doux et le soleil scintille sur les vagues.

Je m'étire confortablement sur le sol et je sens le poids de mon corps. Je laisse la terre me retenir. Mon corps entier est pénétré

invoque la lumière et se remplit de chaleur. Je sens de la chaleur dans mes paumes et mes pieds sont également complètement réchauffés ...

Le soleil illumine mon ventre d'une chaleur agréable ... il remplit ma poitrine de la chaleur du soleil.

Je me sens en sécurité, entouré par le vert de la nature, brillant du soleil, et je me calme. Le contentement et la paix remplissent tout mon être.

Finalement, avec ce sentiment de paix intérieure et de satisfaction, je retourne mon attention sur la situation actuelle.

Bord de mer

Relaxation physique et mentale; allongé

Je m'imagine allongé sur une plage ensoleillée sous les palmiers. Mon corps avec un poids agréable repose sur le sable chaud et léger et s'enfonce un peu dedans.

Ma tête repose dans une agréable fraîcheur à l'ombre des palmiers.

Le rugissement de la mer est aussi régulier que ma respiration.

Je me sens calme, content et libre. Pensivement, je remarque un ciel bleu clair, sur lequel flotte un gros nuage blanc. Le vent change progressivement de forme et le desserre. Quelques morceaux se dissolvent dans le bleu du ciel. Glisse comme une boule de coton le nuage est plus loin, blanc et léger.

Maintenant je sens la chaleur agréable du soleil qui imprègne le corps d'une chaleur favorable. Mes deux mains sont complètement chaudes, et mes paumes sont également chaudes jusqu'au bout des doigts. Les jambes sont pénétrées de chaleur jusqu'aux pieds. La plante des pieds et des orteils est complètement chaude.

Les rayons du soleil remplissent l'abdomen et le bassin de chaleur, toute la zone est remplie de chaleur solaire et est détendue.

La poitrine se remplit également de la douce chaleur du soleil. Je respire librement et détendu.

Méditation sur les images

Ma tête repose dans la fraîcheur rafraîchissante de l'ombre d'un palmier, et je me sens claire et joyeuse.

J'apprécie encore plus longtemps la sensation de soleil et de repos.

Reposé et une fois rafraîchi, mes pensées reviennent à la situation actuelle - je suis plein d'énergie.

Sous un vieux arbre dans une prairie ensoleillée

Relaxation physique et mentale; effectué allongé

C'est une belle journée chaude et ensoleillée, je suis allongé sur l'herbe douce et tendre sous un arbre puissant et grand. Une légère brise douce me caresse le visage, et je sens les fleurs et les herbes des prés.

Mon regard glisse sur le ciel bleu clair et brillant, et chaque respiration a un caractère rafraîchissant et dévoué à mon égard.

Complètement passive, je laisse le sol me retenir et me sens en sécurité sous l'arbre. Le pouvoir naturel de l'arbre me semble être un flux d'énergie doux, guérissant et descendant.

La chaleur du soleil remplit agréablement le corps.

Je suis submergé par une satisfaction absolue et une paix profonde. Ma tête est fraîche et fraîche à l'ombre d'un arbre. Je scrute les feuilles de la couronne, le soleil les pénètre et elles brillent en vert. Le vent solaire fait frémir les feuilles avec facilité et le soleil clignote entre les feuilles. J'apprécie une paix intérieure profonde et je me sens plein de vigueur.

Plein de cette ambiance chaleureuse et ensoleillée, je ramène mes pensées à la situation actuelle. J'étais merveilleusement reposé et plein d'énergie fraîche. Maintenant, je mets intensément le corps dans un état actif, en étirant et en contractant fortement les muscles.

Par la rivière

Détente émotionnelle et calme intérieur

Je marche dans une prairie d'un vert tendre, me rendant à mon endroit préféré au bord de la rivière. Je peux sentir la douceur de l'herbe sous mes pieds et profiter du parfum de la fraîcheur de la nature.

Le soleil brille chaudement et une brise fraîche souffle mes cheveux. Déjà de loin, je peux voir comment une petite rivière scintille au soleil.

Arrivé sur le rivage, je ramasse quelques cailloux et les jette dans la rivière transparente. A chaque fois, une petite fontaine s'élève du coup avec un gargouillis. J'essaye plusieurs fois de faire sauter les galets plats sur l'eau.

Enfin je m'allonge sur la plage. Il y a une légère éclaboussure ronronnante et je remarque de petites vagues scintillantes. La clarté actuelle de la rivière me rafraîchit.

Comme toujours, quand je suis ici, la rivière a un effet apaisant sur moi. Enfin, j'ai le temps de réfléchir tranquillement à tout ...

Et je commence à jouer avec mes pensées, tout comme je jouais avec des cailloux avant. J'imagine comment tous mes sentiments désagréables, colère et rage, tristesse, insultes, ainsi que peurs et inquiétudes, je les mets dans une petite ou grande boîte.

Je jette cette boîte pleine dans la rivière. Avec une sensation de plaisir, je regarde le courant le prendre et commencer à l'emporter le long de la rivière, sans retour, jusqu'à ce qu'il disparaisse pour toujours.

Je vérifie s'il y a une autre charge de sentiments en moi dont je voudrais me libérer, et, peut-être, je remplis une autre case ...

Méditation sur les images

Après cette action, je me sens libéré. Je soupire de soulagement. Mon souffle coule de plus en plus profondément. Il y a un sentiment que je suis capable de respirer le grand bleu du ciel dans ma poitrine.

Soulagé, je regarde le courant étincelant. L'eau est si transparente que je peux voir tout en bas comment les reflets lumineux du soleil dansent sur de grosses pierres.

Au-dessus de moi le ciel bleu s'étire et ici et là dans cet espace apparaissent de petits nuages blancs, qui se dissolvent rapidement sous la chaude lumière du soleil ...

Je me sens très paisible et apprécie juste le sentiment de moi-même.

Quand je me repose ici au bord de la rivière, pendant un moment je me sens si calme et paisible, comme Bouddha méditant au bord de la rivière et regardant son cours dans une paix profonde. De la même manière, paisiblement je laisse tout couler et reposer en moi, étant complètement alerte et claire.

Avec une paix et une tranquillité profondes, je me retrouve.

Et quand mes pensées reviennent ici, mon attention reste profondément enracinée en moi. Je suis paisible et alerte.

Avec cette paix intérieure et cette clarté, je réactive mon corps et reste recueilli et centré.

AUTO-HARMONISATION

Le but des exercices suivants est de créer une base harmonieuse en vous-même. Cette fondation ne peut se développer qu'à partir d'une image de soi positive et d'une acceptation amoureuse de sa propre personnalité. Beaucoup d'entre nous ont tendance à douter et à se critiquer trop souvent,

comparing oneself with others or finding faults in oneself, and as a result suffer from self-dissatisfaction and low self-esteem. Such a deficit of self-worth closes, blocks energy and prevents self-disclosure and further development.

By doing the following exercises, we start with self-acceptance and loving respect for our own personality, then we develop an idea of our own ideal

The "I" to which we strive and which we want to manifest, and in the end we come to mental training, which allows us to solve the set tasks and helps to awaken certain personal qualities.

Under the ideal "I" we define a really achievable inner state of maximum inner harmony, peace, clarity of thinking and endurance; it includes a well-being that we are able to maintain in various situations (for example, in the workplace). Such an internal state provides a significant degree of vitality, health, joy in life, poise and various kinds of success. The exercises conclude with several affirmations that need to be repeated throughout the day, preferably every time before going to bed and immediately after waking up, for example, five or ten times aloud or mentally. It is recommended to regularly repeat the execution of visualizations with affirmations, until the result is achieved.

Accepting yourself

Personal harmonization

I feel great in amazing deep peace and relaxation. I am filled with a feeling of lightness and freedom.

Now I let my imagination play a little and imagine myself in the middle of a beautiful, sunlit nature, joyful and laughing. Fills me

Meditation on images

a feeling of unencumbered and serenity when I expose my smiling and joyful face to the sunlight. I am a creation of God, and that alone makes me valuable and worthy of life.

I stand in the sunlight and feel light and free, like a child. The soft wind strokes me.

The feeling of a smile permeates my entire being. At the same time, I feel cloudless and free; I rejoice in myself. With this inner smile, I accept myself - tolerantly, lovingly, with satisfaction. I am satisfied with myself and feel completely in my place.

Now I enjoy this contentment and loving warmth for myself.

I extend this harmony and contentment to other people as well.

An everyday scene pops up in my mind in which I spread a good mood and make other people smile. My friendliness is wholesome and contagious.

I create in myself the intention tomorrow to spread friendliness and harmony all day long, and convey a little good mood to everyone I meet.

Taking a few deep breaths, I feel a wonderful feeling of freedom and breadth in my chest. I bring with me to the current situation a sense of my own worth and my inner smile.

Affirmations

"I am satisfied with myself"

"I am friendly friendly and I have a good mood"

"I love me"

Visualization of the ideal "I"

The manifestation of your own ideal of personality

In pleasant peace, I enjoy the warmth of my body. My face is relaxed, my forehead is cool.

There is a soft, serene smile in me in which the residual voltage dissolves. I let go of myself. And I breathe a sigh of relief, slowly and deeply. I am a creation of God, and because of this I am full of value and worthy of life.

I love myself very much and am at peace with myself and with the environment.

My mind is in a state of deep calm and alert clarity.

Now a picture emerges in front of me: I am smiling, I am in a good mood, and I am satisfied. I am in a normal everyday situation. In her, I see myself as an affable, harmonious person and feel peace and strength filling me.

I treat my loved ones with love and patience. I accept every person as he is, including with his weaknesses! Others are infected by my friendliness and value me because of my willingness to help.

When it seems necessary to me, I can calmly and confidently achieve my goals. I am confident and respected.

With joy I observe my purposeful, clear way of action. I do my job with concentration and efficiency.

I overcome all problems easily and remain peaceful and calm. In every situation and at every meeting, I remain in this inner peace and clarity of thought.

I feel completely in my place.

In the activation phase, I take my wellness with me completely into the waking state.

Meditation on images

Affirmations

"I feel cheerful, clear and efficient"

"I am friendly amiable and calm imperturbable in any situation"

"I am confident, confident in myself, I am respected"

"When I want, I can calmly and clearly insist on my own."

"I feel good and accept my loved ones "

MENTAL TRAINING

Now it is necessary to determine what we are striving for - what properties we want to acquire, how to change our behavior, what we want to improve, what problems to solve (for example, to gain more self-confidence, the ability to go towards our goal, learn peace and clarity of thought in a critical situation or constructive power behavior in a conflict situation, to achieve success in sports, get rid of the addiction of fear phobia, and so on).

After the ideal qualities are recorded in writing, you need to formulate the goal in the form of one or two statements in the present tense.

For example, if you quit smoking, your ideal self-image might be, "I am athletic, fit, and energetic," and this visualization is visualized as a picture of you jogging through sunny meadows. I also need an affirmation that helps to correct the actual situation, something like this: "When I feel the urge to smoke, I sink into deep relaxation and breathe deeply and calmly into the lower abdomen." This affirmation is associated with an image of oneself in relaxation and balance.

Another example is the situation of preparing for an exam and passing it successfully. A suitable affirmation might sound like this: "I am focused and

prepare effectively for the exam "and" I am extremely successful on the exam. " In addition to both of these affirmations, a corresponding ideal representation is created, both for calm, focused preparation, and for a clear, confident answer on the exam.

If the goal is a sporting achievement, you need to visualize, for example, the desired ideal high jump, your perfect, precise movements, see the successfully overcome height and hear the applause of the audience, while repeating the affirmation of success, for example: "I jumped such and such the bar ".

In the case of claustrophobia, the formula may, for example, sound like this: "In the elevator, I feel relaxed and breathe calmly and deeply," here you should also visualize a suitable picture of yourself. Thus, you are playing a short movie with an ideal image within you, and your own affirmation will accompany it.

Visualization practice

Once the ideal goal is set and the affirmation is written in the above-mentioned clear form, the visualization should be done at least once or twice a day for several minutes, with relaxation but with concentration. It is best to do this in the morning immediately after waking up and in the evening before going to bed. The exercise should be performed until the goal is achieved.

Now I allow myself to sink completely relaxed into deep peace. With each inhalation, I relax a little more, and tension goes away from all muscles: from the muscles of the neck, shoulders, arms and legs. The palms and feet are warm. The stomach and pelvic organs are relaxed and soft. I breathe calmly and deeply. My features and the skin around my eyes are relaxed and my forehead is cool to the touch.

Meditation on images

I enjoy pleasant peace and contentment.

In my imagination, I allow the situation that I would like to change to surface. At the same time, I remain completely calm and enjoy the pleasant sensation of the warmth of my body and inner satisfaction. I observe the situation peacefully and clearly, in deep peace.

Now I see myself in this situation. I observe that I fully embody the ideal, and this fills me with a feeling of deep satisfaction. I distinctly sense new positive qualities in myself.

Mentally I repeat my affirmation several times and see my ideal embodied, clearly and figuratively.

Now I feel like this is the perfect fit.

I find myself in this situation and observe myself not only from the outside, but also perceive the situation from within.

It was as if I had become new, I feel the new quality absolutely distinctly. Now I am what my affirmation says. Effortlessly, I embody the desired behavior and enjoy it. With this joy, I repeat my affirmation several more times.

With relief and contentment, I take a few deep breaths, and bring my thoughts back to reality.

Examples of affirmations

"I am joyful, joyful and loved by all"

"I teach with ease and concentration; I will pass the exam with success "

"I am active active and full of joy in life"

"I am imperturbable, imperturbable and confident, confident in myself"

"For a long time I work calmly, clearly and with concentration"

"I am healthy"

"I feel calm and strong, like a rock in the sound of the surf."

Everyday mental image of the ideal "I"

General daily exercise

This five-minute exercise is best done every morning after waking up to be in top shape any day.

First, the tasks and situations of the current day are mentally reviewed, including free time and evening.

This plan of the day is then replayed in the imagination in perfect shape, especially if difficult or unpleasant situations are ahead.

I see myself in my ideal state or in my best shape, in a good mood, confident and friendly.

Efficiently and with focus, I fulfill my obligations and find joy in all the tasks of the day. The meetings are friendly and productive. Full of energy, I solve emerging problems. When necessary, I calmly and clearly follow my ideas.

At the end of the day, I spend my free time in a good mood and my day ends harmoniously.

I rejoice in the wonderful day ahead of me.

HARMONIZATION OF EMOTIONS

The following image meditations stimulate the emotional sphere and bring peace and inner balance. They are designed to free the sphere of feelings and thoughts from everyday life, that is, from stress, feelings of dissatisfaction, anxiety or anger, and to positively tune and harmonize it with the help of beautiful images. Image meditation can have a very lasting effect. "Living" in deep relaxation, visual images create effective impulses and structures in the subconscious.

Meditation on images

Like seeds, over time they germinate and bloom in full force, refine and inspire consciousness, and also cause inner harmony, joy of life and spiritual health.

Flight of bird

Harmonization of emotions, spaciousness

I sit on the mountain in the rays of the setting sun. From this point, I observe the surroundings and the panorama of the mountain peaks.

I breathe deeply and feel free and serene. The gentle wind plays with my hair, and I contemplate the mountain on which I sit. The warm rays of the setting sun leave golden flashes on the grass. I see many bright meadow flowers swaying gently in the wind.

I am seized with inimitable peace, and I am serenely happy.

A small brown bird sits on a rock very close to me. I watch her motionlessly as she minces back and forth several times and carefully examines her surroundings. Her small dark eyes gleam. For some time she remains absolutely motionless.

Suddenly she spreads her wings, flaps them sharply and soars into the sky. I follow her with my eyes. Having gained height, it moves away from me and, spreading its wings wide, soars over the valley. I follow her movement across the evening sky, towards the bright dawn, towards the sun.

I can still see her, a small dot flying towards the evening sun and eventually dissolving in its golden light.

With a deep breath, I allow the soft golden rays of the sun to penetrate me more and more and enjoy the feeling of warmth and peace.

With this pleasant, free feeling, I now internally return to reality. I am fresh, my mind is clear.

Mountain lake with water lilies

Harmonization of emotions, feeling of happiness and freshness

I imagine sitting by a mountain lake during the predawn twilight. The mountain air is incredibly fresh and clear, I breathe deeply.

In the morning silence, the first voices of the birds are heard, and the morning dawn paints the sky with a pink radiance.

Delicate and fragrant white water lilies float on the surface of a small lake, waves gently shake them.

The lake, like a transparent gem, is buried in lush green mountain meadows. Behind them one can see high, snowy peaks.

The crimson sky is reflected in the clear surface of the lake and colors the landscape with a warm glow. Above the mountains, the sky flashes orange. The first ray of the sun flashed over the peaks.

The sun rises slowly and majestically over the mountains, and its golden rays begin to sparkle on the surface of the lake.

Fragrant water lilies widely open their transparent petals to bathe them in the sun's rays. Shining, they float on the surface of a mountain lake.

With deep breaths, I absorb the purity of the morning air, penetrated by the sun, and I feel incredibly free and clear.

From the morning sun, the mountain meadows flash with a golden-green color, and dew drops sparkle on the blades of grass. The jubilant chirping of birds is heard.

When my thoughts return to the outside world, I bring this great, fresh, clear disposition with me. I come back refreshed and internally happy again.

Meditation on images

Rock in the waves

Harmonization of emotions, stability

To my left stretches a deep blue raging ocean. I climb coastal cliffs. A fresh breeze ruffles my hair. The surf crashes against the rocks with a crash, and I see the foam spray scattering.

It smells like salt. I breathe in the refreshing, clear sea air.

In front of me there is a huge boulder, which protrudes far into the ocean. She rises firmly and powerfully above the white seething surf, which breaks against her. I climb this massive cliff, surrounded by a raging ocean, and sit on the top.

Calmly and unshakably, he rises out of the water. For a while, I watch the waves below me crash against the rock, and at the same time I feel like I am internally merging with this huge, mighty rock. I feel one with her unshakable calmness.

I also feel how deeply it goes into the ground and is firmly connected to it. One with this rock, I powerfully and calmly rise above the waves of the ocean.

I myself have become this unshakable, stable rock in the waves of the surf. With deep peace and equanimity, I survey the vastness of the ocean and heaven.

I enjoy my presence and the feeling of inner peace and strength.

Now, with this unshakable self-awareness, filled with deep peace, I return internally to reality.

Butterfly

Harmonization of emotions, cheerful mood

In the summer afternoon, I sat down to rest under a large old oak tree on a meadow hillock. In this peaceful

no one disturbs my peace, and I feel free and serene.

The sun is shining and my gaze slides over a meadow dotted with bright flowers. A warm summer breeze filled with pleasant smells caresses my face and blows my hair.

I am in no hurry and contemplate the beauty of the nature around me.

A small dense bush grows not far away, on its leaves I notice several light cocoons. One of these cocoons moves. I carefully observe how after a while a piece falls off from it. It seems that something inside this cocoon is fighting for its liberation. Gradually, the gap opens wider and wider. After a series of strenuous efforts, the little captive manages

break out of your dungeon and crawl onto the leaf.

She calmly crawls under the warm rays of the sun, taking a break from stress. Suddenly she begins to wiggle tightly folded wings, which were not visible before. In amazement, I watch the gorgeous butterfly unfold its bright, golden wings. She holds them still so that they dry and warm in the sun. Now she opens and closes her wings, and soon rises into the air to explore the meadows.

The meadow flares up in the rays of the evening sun, and in this light the butterfly dances like a golden speck among the meadow flowers. She flutters over bright red poppies, then over daisies, glides between tall grasses to dandelions and over pink clover flowers in the direction of a dark blue cornflower ...

And I follow her happy dance as if she is drunk on the adventure of her first flight.

For some time my gaze follows her reconnaissance flight, and at the same time I enjoy the sunny, peaceful evening landscape.

Satisfied and rested, I return to reality again.

Meditation on images

Chapel in the mountains

Harmonization of emotions, appeasement

I spent a hot summer day in a small mountain tree, and my skin is still burning from the sun. It's late afternoon and I decide to take a walk.

I am leisurely wandering along the narrow dusty path uphill. My gaze sweeps across the horizon and I notice the sun hanging at the bottom of the sky like a huge golden disk. A soft smoky veil covers the valleys, and after the heat of the day I enjoy the coolness of the evening landscape.

I slowly climb the winding mountain path and reach the spring. I put my hands under the streams of sparkling water. I refresh my face with a handful of cold, clear water. I take a sip and move on.

Suddenly a small white chapel appears on the way high in front of me, almost at the very top of the mountain. Quietly and calmly, the small chapel stands in the glow of the evening sun, framed by the shining greenery of several trees and bushes. Simple old wooden

benches stand in front of a simple altar, and the warm golden rays of the evening sun fall through the multicolored semicircular windows and flood the chapel with radiant light.

The pleasant coolness soothes and refreshes. I breathe in the soft, wonderful scent that exudes the delicate flowers on the altar. I relax on one of the wooden benches and soak in the clarity and purity of this simple chapel. Deep, healing peace fills me.

I am leaving the chapel. The sun has already gone down and left behind itself the sky shining with golden light. I scan the fog-shrouded mountains.

The evening sky rises in blue-violet cou- scrap above the landscape, which is riddled with gentle mountain clouds.

I am filled with a feeling of lightness and freedom. Deliberately and joyfully, I begin my descent and run in the soft, refreshing evening wind.

With this feeling of inner lightness and freedom, I again return to the current situation.

Pacific coast

Harmonization of emotions, inner warmth

I walk along the white sand of the Pacific beach and head towards my favorite palm tree. It's still early morning, and I feel the soft warmth of the sun on my skin. A light refreshing breeze blows my hair.

The surf is quietly splashing, and I watch the ocean waves make shining reflections of light dance on the white seabed. The clear water gleams with a turquoise green and stands out against a radiant, deep blue sky.

Palm trees, large and small, line the beach. Between them are emerald green bushes and tropical plants with colorful flowers. One of these flowers shines with a special beauty, and I go up to it to examine it. A wonderful exotic aroma envelops me, and I inhale it with pleasure.

Now I come to the gently splashing surf, and the clear ocean water licks my feet.

Warmed by the rays of the sun, I go swimming. Superbly refreshing, sparkling water surrounds me and I completely immerse myself in it. Opening my eyes under the water, I see light reflections of light on the seabed and the clear, turquoise-colored water surrounding me.

I go deeper and exhale shiny bubbles of air that tickle along my body and rise up. Above me, sunlight is refracted by sparks in waves.

At the bottom of the ocean, I find a large shell that plays with pink light and dive towards it. With this shell, I swim ashore and continue along the beach, in time for my beloved palm tree. Refreshed and clean, I lay down under

Meditation on images

palm tree and look at the amazing shell. I put it to my ear and listen to the light hum inside her. The sun dries and warms me, and I enjoy the beauty of the ocean around me. A feeling of sunshine and deep contentment fills me

and I feel serenely happy.

I take this feeling of satisfaction and inner warmth and joy with me, returning to the current situation.

Indian temple

Harmonization of emotions, inspiration

In my imagination, I go to India. On a sunny morning, I cross the bridge over the Ganges. A sparkling river flows wide and calm below me.

Crossing to the other side, I look around the wide river landscape covered with greenery. In the middle of a shining green hillock, like a precious pearl, is the white Temple of Peace.

I walk through a golden haze shining in the morning sun and gradually dissolving. With calm, firm steps, I approach the majestic temple. It shines before me in all its splendor. I gaze at domes shining with gold and high, pillared gates.

White marble steps lead up to the temple, and I enter it in awe. The high domed vault is covered with a mosaic of golden stars against a blue background, and the interior of the temple appears before me in a shining white light.

A delicate aroma envelops me, and I absorb the atmosphere of purity and peace.

The altar is a statue of a meditating god property, which is decorated with garlands of fragrant flowers.

Several candles are burning at her feet, and expensive incense spreads an aroma that delights the senses.

In the center of the marble floor is a round font. It is filled to the brim with clear water, and a bright white lotus flower floats on the surface.

I lean over a clean lotus font and tune in to the incredible silence and purity of this place. With every breath I take in a delicate aroma and deep peace. Silence surrounds me. I only feel the light, silky flow of my breath.

The feeling of lightness and freedom fills me. I feel absolutely contented and happy.

Refined and refreshed, I leave the temple and step again into the radiant, warm light of the sun.

Happy, refreshed and filled with deep peace, I re-enter the current situation internally.

Boat ride at sunrise

Intense Emotional Harmonization and Healing

On a warm, starry summer night, I am sailing in a large wooden boat on a small mountain lake. I sit comfortably in the soft blue velvet seat and sway on the waves shining in the moonlight.

A look up into the night sky reveals to me an immense height and space illuminated by starlight. I gaze in fascination at the countless stars that shine in the deep night blue of space. Only a light splash of water is heard.

Soft moonlight illuminates the mountainous landscape and plays on the lake water. My boat glides slowly over the silvery waves, and I drift smoothly with the current. I have put my trust in this wide stream, which flows slowly. The first dawn haze gently illuminates the sky, and I enjoy the feeling of silence and freshness. I'm drifting
Meditation on images

downstream towards the scarlet morning dawn, past the meadows, which begin to glow in the light of the morning glow. I spot some gnarled willows and some cows still sleeping in the meadows. A couple of joyous bird cries are heard in the clarity of this early morning, and all nature seems to await the sunrise in awe. The tide breaks out

pink light.

The first blindingly bright sunbeam shines over the horizon. Accompanied by the jubilant chirping of birds, the golden morning star rises slowly and majestically.

The current gradually widens, and its shores open up to the breadth of the sea, to which I am now approaching.

Sparkling, the morning sun plays on the waves of the sea and draws a path of shining light along which I glide towards it. With a deep breath I take in the warm golden light, I bathe in the light and let it penetrate me to the depths.

My heart becomes wide and free.

I merge with the magnificent golden light of the sun and feel completely safe and happy in it.

Sunlight heals and warms me more and more.

Filled with joy and filled with warm sunshine, inwardly I return to reality.

Oasis

Relaxation and harmonization of emotions

I am wandering in a wide sandy desert.

The dusty yellow ground stands out in a radiant light shade against the dark blue sky and I feel the heat, which is at times softened by gusts of light wind. Breathing connects me with the shining blue of the sky, and I feel how wide and free my chest is.

I go straight to the oasis. As I approach, I see a crystal clear turquoise lake that is hidden in the desert like a shining gem. It is framed by palms and lush plants with exotic vibrant flowers.

Hot and dusty from my walk, I look forward to the upcoming refreshing swim. I quickly throw off my heavy backpack, take off my clothes and plunge into the shining turquoise water. Perfectly refreshing, it flows silky smoothly around my body. I can feel how clear water cleanses my body and soul. I consciously feel the coolness of clear water on my face, plunging into it with my eyes open. Golden sunlight penetrates to the very sandy bottom of the lake.

I come out of the water refreshed and feel amazingly clear and clean. On the beach is my backpack, from which I take out fresh light clothes made of white silk and change. Refreshed, I lie down under a palm tree. The warm wind dries my hair and the sun warms me pleasantly.

Purified and filled with light, I return internally to the present situation.

Walk to the mountain lake

Releasing and harmonizing emotions

With a backpack on my back, I walk along the road to a mountain lake, which is located on a wooded high plateau. A dusty road winds between plants and bushes up the mountain, and I breathe in the spicy scent of thyme and other herbs.

The warm afternoon sun and the long road made me hot, I am thirsty, and my backpack is pressing on my shoulders. However, I will not reach the lake until sunset and will be able to admire the views from there. So I walk up the hill with a decisive step.

Meditation on images

Only by late evening do I reach the upper plateau. As I exhale, I lower the backpack from my shoulders. With a few skillful movements, I quickly set up my little tent between two cypress trees and immediately unfold the cozy sleeping bag.

The beauty of this unspoiled landscape is a reward for the hardships of the journey. I gaze dreamily at the blue lake, framed by green plants and cypresses, which lies motionless and clear in front of me. The crystal clear mountain lake stands out peacefully and beautifully among the wide, foggy landscape and seems to merge with the sky, the light blue of which it reflects.

I lie down on the shore and feel the soft wind stroking my face. I greedily empty my flask and fill it with clear lake water.

Shining with golden light, the sun descends to the lake. It is late evening and the sun seems to be right over the lake. From the light of the sun, the lake shines like liquid gold. I quickly take off my clothes for a swim.

Still hot from the climb, I slide into the refreshing water. It seems to me that I am immersed in liquid light. The water washes over my body and shines like pure gold. My heart opens wide and I feel as happy as a child. I joyfully dive again, headlong, and let the sparkling water cleanse and wash me healingly.

The sun seems to touch the lake and the lake flares up. I just can't get enough of the life-giving freshness of the shining water and I swim and dive in it. I take a few sips with pleasure, the taste of the water is fresh and clean.

Only together with the very last rays of the sun, I leave the lake and feel refreshed and cleansed. On the shore is my fresh white bathrobe

which I am now changing into.

As if by magic, the lake begins to reflect the rose-gold light of the evening sky, which has swallowed up the sun. I feel incredibly light and free. My gaze slides over a wide, soft, blurred landscape that lies in the golden twilight.

The clarity and silence of the mountain lake fill me with deep peace. I am serenely happy.

With this deep satisfaction and inner silence, my thoughts return to the current situation.

Wood

Harmonizing and enhancing emotions

I imagine that I am a tree in a meadow.

I am a tall, powerful tree, standing in a row of other trees that surround the stream.

It is early summer morning, the sun has already risen and casts its golden rays on the soft green meadow hills. My long, powerful roots

go deep into the ground

and I am firmly rooted in the earth.

From the earthly world, I drink the power of nature, which constantly flows upward. This energy flows up through me through the trunk and penetrates into my crown.

My powerful trunk ends in a lush, rising crown, which stretches towards the sky and branches more and more. So I grow up and open my wide crown to the sky in order to feel its spaciousness.

With full pleasure I enjoy the way the summer wind plays with my green leaves, and they spin and dance. The wind strokes my crown with freshness and connects me with the breadth of heaven.

My leaves drink the warm golden rays of the sun. Tecu-The living energy of the sun, shining from the sky, permeates me. Powerfully and calmly I stand in the middle of a spacious landscape, unshakably rooted in the feeding ground, while

I rise high to the clear blue sky.

I bring this awareness of strength and unshakable peace back into my current situation with me.

Meditation on images

CLARITY AND ACTIVATION OF THE MENTAL BODY

The symbolism of the following meditations on images affects the mental sphere and serves to bring clarity and light to the mental area, in other words, these meditations clarify thoughts, enhance the mental capacity and concentration, make the consciousness vigorous and clear. Exercise allows you to create a greater distance from your own emotions, strengthening your "mind" and "understanding."

Cheerfulness and strength of concentration

Clarity and activation of the mental sphere

I feel very good and relaxed. All my attention is directed to the perception of myself. I will enjoy the silk flow of my breath. I can clearly feel the area of my forehead and eyes. The eyebrows are slightly parted from each other, the eyelids are relaxed, the forehead is also relaxed and smooth.

The eyelids feel a pleasant coolness, and this coolness extends to the eyebrows. Eyelashes and eyebrows are moist with dew drops, fresh and cool. This sensation of freshness and coolness extends to the forehead until the entire forehead feels cool.

I imagine my forehead shining with white light, filled with coolness, like fresh snow.

I am fully awake and my thoughts are crystal clear. My consciousness is permeated with a bright, clear mind.

I am pure consciousness, quiet and awake.

And then I remain focused on the refreshing, cool sensation in the eye area. This sensation of clear coolness persists when I return to my current situation. My consciousness remains awakened

day, calm and clear. My motives are pure and friendly. Now I force the body into an active state.

Peak

Clarity of mind and activation of the mental sphere

In the early morning, I am wandering in the highlands. Beneath my feet, I can feel the soft grass of a mountain meadow gleaming with a delicate green in the morning sun.

The fresh breeze is filled with the scent of meadow flowers and herbs, and with deep breaths I absorb this scent.

With calm, firm steps I walk to the top of the mountain that rises in front of me.

I have already climbed high enough and can look around. I walk with a light gait further up the hill and feel surprisingly free and serene. I inhale deeply the refreshing, clean mountain air. I vigorously climb the last steep section of the mountain and find myself on a high plateau of a mountain peak. From here I can look around the entire mountain panorama.

I breathe deeply again and enjoy the clear mountain air. I am filled with a feeling of boundless breadth and freedom, as if I had risen above the whole world. Each breath connects me to the clarity of the blue morning sky. The breath flows as easily and freely as the wind. My spirit merges into one with the radiant, endless breadth of the sky.

Filled with joy, I turn to the morning sun and expose myself to the warm golden rays of the sun. They penetrate me through and through, as if I were transparent, like crystal. I feel permeated by the sun and filled with pure light.

Here, high on a mountain peak, I feel one with the shining warm sun, with a wide, blue sky, and with a mighty earth.

I am a clear, broad consciousness.

Meditation on images

Filled with light and clarity, I begin my descent. I walk lightly and swiftly down the mountain path. The refreshing wind strokes my face, and I feel cheerful and clear. Finally, I return back to the fragrant, green meadow.

Fresh and full of energy, I immerse myself in the current situation. My motives are pure and friendly. I tighten my body again with force.

Eagle flying

Mental cleansing and activation

In my imagination, I connect my consciousness with the consciousness of an eagle that lives high above the world on a

mountain peak. With a clear, awakened gaze, I look over from the mountain top mountains and valleys, rocks and canyons; nothing cover

it comes from my sharp, attentive eyes.

Now I spread my powerful eagle wings and lift myself into the air with a few strokes. Only the infinite sky embraces me, and I feel free, infinitely free in this vastness.

I merge with the wind, let it carry me and glide over mountain peaks and valleys. I soar majestically and imperiously above nature. Above light-colored cliffs with shining white snow caps, above mountain meadows playing with greenery, bordered by the dark velvet emerald of forests. A white foamy waterfall descends the cliff and plunges into the depths of the canyon.

It is very clear and quiet in this height. I am far from the human world, and its villages and cities from here look like small specks on the ground. Patterns of light and shadows from the clouds stretch over the ground.

I glide easily and freely further, forward, over the steep shores of the sea, over the sparkling expanse of the ocean. My keen eye manages to catch a glimpse of a fishing boat swaying like a tiny dot on the waves.

I am flying peacefully over the deep blue ocean, the waves of which sparkle in the sun. In this endless space, I have the feeling that I, too, have become spacious and merged with the clarity and freshness of the sky.

Light stripes of the mainland appear on the horizon, towards which I am now flying. I slide farther and farther over land, over tiny villages and green meadows.

Surrounded by silence, carried by the wind, I truly feel like the king of the kingdom of the air.

Hills rise deep below me, then mountains. Already from afar, I notice a high-rise mountain peak, on which my eagle's nest is located, and I fly towards it. I make several high-altitude circles above my mountain to look around, then land in my eagle's nest.

With a feeling of spaciousness, vigor and clarity, I return thoughts back to reality and bring the body into an active state. With pure and friendly motives, I continue my day again.

Waterfall (I)

Clarity and activation of thinking

In the early morning I walk through the mountainous area. Each breath of fresh, clean mountain air revives me and brings a feeling of freedom.

The sun shines warmly and leaves its light on the grasses and flowers of mountain meadows. Several high cliffs rise in front of me, and I hear a spring splashing. With firm steps I walk to the mountain spring, making my way between several rock boulders.

The splash and gurgle grow louder, until at some point I find myself in front of a waterfall, the jets of which go several meters down into the rocky hollow.

Meditation on images

Transparent water glistens in the rays of the morning sun, and the spray flying in all directions looks like a thousand shining diamonds. Fern and various grasses grow between the rocks, on which drops from waterfall splashes shine. Some of the rocks are covered with a soft green moss blanket.

A thin curtain of water sparkles in the air and sprinkles a refreshing coolness on my face. I am covered with freshness and purity that come from the waterfall. Sitting on a boulder, I look at the transparent streams of water. At the same time, I feel so free and clear inside, as if the water had washed away everything that oppressed me.

I feel the freshness of the water curtain on my face and cool, clear drops that shine on my eyebrows and eyelashes.

I feel liberated and as if purified. My mind is completely fresh and clear.

With a clear and cool head, I internally return to the current situation. With pure and friendly motives, I continue my day again.

Swimming in a waterfall (II)

Clarity and activation of thinking

On a hot sunny day, I wander for many hours through the dense green tropical mountain forest with a heavy backpack on my shoulders. Pretty hot, I stop and listen to the birdcries that are heard in the jungle.

Through a gap in dense greenery, I suddenly notice gleaming golden stone steps. Fascinated, I reached the ruins of an old Inca temple and am now looking at it closely.

At the foot of this ancient temple, a waterfall is rustling. He beckons me to him, and I climb over several boulders of stone, squeeze between the vines and bushes.

An oasis of freshness opens before me. Like a shining, crystal clear blanket, the water flows over wide boulders and rushes into a stone font, which was eventually carved into the rock by a waterfall. Between the stones there are shining green plants with gigantic leaves and bright grasses, on which drops of water spray sparkle. Some of the stones are covered with a velvet green moss carpet, and the waterfall itself is surrounded by palms and lianas - sun-drenched chlorophyll and sparkling exotic flowers.

As I exhale, I lower the heavy backpack from my shoulders and stretch.

The crystal waterfall gives off a magnificent refreshing coolness. Exhausted by heat and thirst, I scoop up handfuls of water for a few sips. The water tastes fresh and I can't get drunk. I feel the urge to take a dip in the waterfall, and I quickly kick off my clothes and stand under the flowing, glittering curtain of water. Wonderful freshness flows on my hot skin and washes away my fatigue. I stand in clear spring water penetrated by the rays of the sun and stretch my arms up. In the light of the sun, the scattering spray sparkles like diamonds.

Cool and shiny water pours over my head and rinses my hair. I enjoy the refreshing and clear streams of water over my face. And I feel how, seething, white foam it flows through my body. The waterfall washes and cleans me externally and internally.

Completely clean and refreshed, I emerge from the water that flows down like pearls from my skin. I wrap myself in a fluffy white towel,

sit down on a rock and give my body the warmth of the sun.

The sparkling, flowing water and the continuous hum give me a sense of inner clarity and vigor. My hair is damp and fresh, and there are shining drops of water on my eyelashes and eyebrows.

Meditation on images

I feel fresh and cheerful. With a cool, clear head, my thoughts return to the current situation. With pure and friendly motives, I continue my day again.

Pyramid

Clarity and activation of thinking, expansion of consciousness

I walk across the empty expanse straight to the pyramid. Golden yellow, it rises into the clear blue sky.

Having reached the foot of the enormous pyramid, I look at it from below and begin to climb it step by step. Higher and higher I climb a huge pyramid.

Finally, I find myself at the top, where there is a depression in which I can stand confidently and firmly. After a hard climb, I breathe deeply. I can feel the pyramid filling me with strength. At the top of the pyramid, I create a focus for two energy fields. From bottom to top through the pyramid flows the force of the earth, which is collected at its top. The strong connection to the earth feels like a tickling, warm, healing energy flow that energizes me.

The second energy field acts on me from above as the sun enters to the zenith and now stands exactly above the pyramid. As the apex of the pyramid, I am the center where solar energy is collected. I can feel a mighty stream of power flowing from above to the top of my head. Sunlight envelops me like liquid gold, shining and silky. I enjoy being pervaded by the pure vitality of the sun.

I feel completely free and clear. My consciousness is awakened and expanded. My gaze slides across the vastness of the dark blue sky, and my consciousness opens up ever wider. I unite in spirit with the boundless breadth of space, in the endless, deep blue of which

myriads of planets, stars and galaxies begin to shine. The cosmic energy that animates space and time fills my spirit with clarity.

I feel one with the infinite universe and at the same time connected with planet Earth.

My attention gathers back into my body consciousness. I feel my forehead, eye area and head clear and fresh. My body is filled with radiant solar life energy. I am full of strength, calm and confident. My thoughts return to the current situation. With pure and friendly motives, I return to my daily life. I force my body into activity.

Temple in the Himalayas

Mental clarity and inspiration

I am in a state of inner silence.

For several days now I have been on the road in the Himalayas and feel a deep connection with nature. Here, in the beauty of the mountain world, in clarity and freshness, I find peace.

The endless expanse of the dark blue sky has a liberating effect on me, and I breathe deeply. In the golden light of the morning sun, I ascend to the top of the mountain.

Warmly dressed, I wander across the snow-covered mountain plateau, whose blinding whiteness reflects the sunlight. I get the impression that I am walking in a clear, sparkling light.

I walk on with a light gait, and I am filled with a radiant feeling of warmth. Snow crystals sparkle and sparkle at my feet, and every step is softly buried in fresh snow.

One more last steep section of the path - and I'm on the top! It is as if I am blinded by the beauty permeated with light that I discovered here, above the clouds!

Meditation on images

I find myself in a dream: a white Indian temple rises on this mountain peak. Shining like an ice crystal, it seemed to have risen from the snow, amazingly decorated with ornaments, arches and columns and crowned with a high dome that rises majestically in the sky.

With a sense of awe, I climb the white steps of the portal upward and enter the temple. The high inner hall is clean and simple, and envelops me in an atmosphere of purity and silence.

High above, I see the dome of the temple, the spire of which is made of transparent crystal. Through this crystal, the light of the daytime

sun falls into the center of the temple with a focused beam. In this brilliant beam of light, I descend to meditate. The beam falls clearly and warmly on my crown. With a deep breath, I open to the white light, which, purifying, penetrates into me.

My head is vigorous and clear, brilliant light penetrates it. I feel the strength and clarity of my spirit, which can unfold in boundless breadth, free from space and time. A soft, deep peace fills me. I rest in myself as in a bright oasis of silence.

Full of gratitude I leave the temple and remain in a clear, calm state of consciousness. From above, I look at the white convex layer of clouds and the peaks of the Himalayas that pierce these clouds.

Starting the descent, I preserve the silence and purity of this high mountain peak, permeated with light. I easily go down the mountain, along the snowy fields and cliffs.

With vigor and clarity, my thoughts again enter the current situation. With pure and friendly motives, I continue my life. With force I bring the body into an active state.

Walk in the moonlight

Clarity and activation of thinking, expansion of consciousness

On a clear, cool evening, I go for a walk in the moonlight. There is complete peace and quiet.

With calm, firm steps, I walk across the frosty meadow landscape, shining in the silver moonlight. The deep silence of this clear evening fills me with peace, and I feel my own strength and warmth. Each time I exhale, a white, smoky cloud appears. I look up into the blue night starry sky in its clear expanse and watch countless sparkling stars. Individual stars shine especially brightly, and I recognize some constellations. In the clarity of the sky, I anticipate the endless depth of space, which gives space for countless galaxies and is filled with myriads of stars,

suns and planets orbiting each other.

My gaze slides over the shining white-silvery meadows. The blades of grass at my feet are covered with white frost that sparkles in the moonlight. Fascinated by the beauty of this radiance, I lean down to

get a better look. Frost crystals are so tiny that they cannot be seen with the naked eye, but they shine with clear sparks, like diamonds. Fascinated, I contemplate the flashing stems of herbs, leaves and plants, the beauty of which is amazingly combined with the blue night starry sky. I am in awe of this mysterious beauty of nature. Eventually, I break away from the moonlit meadow and set off on my way back.

I feel absolutely cheerful and clear, I am filled with deep peace and silence of the evening. Now my thoughts return to the current situation. My motives are friendly and full of love. With strength I bring my body into an active state.

Meditation on images

Snowy sun

Mental cleansing and activation

Tightly and wrapped up warmly, I walk along the bright winter landscape, along the fresh, soft snow creaking under my feet. With every breath I drink the purity of the cold air. The coolness refreshes my head, and I feel absolutely cheerful and clear.

I walk past snow-covered trees and look at the sparkling snow. The midday sun shines brightly and clearly and is reflected from the snow. I feel as if I am walking through a blinding white light.

Suddenly I find myself at a small pond covered with a thick layer of ice. I carefully break out a small piece of the ice sheet and look at the sun through this shining hole in the ice. Clear rays penetrate my forehead and eye area.

My consciousness is awakened. I feel the energy of my spirit and a clear mind that fills my head with coolness and freshness.

I am in a state of purity and clarity. My thoughts return to the current situation, and I feel fresh and vigorous. With loving and friendly motives, I re-enter my daily routine. With force I bring the body into an active state.

Crystal meditation

Clarity and activation of thinking, expansion of consciousness

If you have rhinestone, place it between you and a burning candle.
(In my imagination) I look at crystal in its purity. This is a symbol of my meditation. Now I concentrate on the crystal until I feel one with it.

My consciousness is absolutely clear, quiet and transparent like this crystal. I am just as firm and at the same time especially open and transparent to light.

My spirit is awake and clear.

Silence fills me. My mind is crystal clear. The white light of pure reason fills my consciousness.

In a state of this cheerfulness and clarity, I internally return to the current situation. I feel fresh and full of energy. With loving and friendly motives, I return to my daily life again. With strength I bring the body into an active state.

Sun meditation

Clarity and activation of thinking, expansion of consciousness

I sunbathe and feel the warm light of the sun on my face. Soft light shines through my closed eyes. When I squint, I am blinded by the bright, clear sunlight.

The sun shines with warm rays on my crown, and I open to the light like a flower. A golden stream of light flows into me through the crown of my head. My head is permeated with light through and through, and I perceive my consciousness as light.

A golden stream of light penetrates my body. Each cell glows, filled with radiant vitality. My inner space, my entire perception is filled with sunlight. I feel amazingly light and free.

My body glows from the inside with sunlight, and at the same time I feel the sunlight like a warm, golden wind that penetrates me. Being blown through by the solar wind is an amazing feeling! I am associated with the sun and am pure sunlight myself.

Meditation on images

Refreshing and radiant, I enter the current situation internally. My motives are friendly and full of love.

White triangle

Clarity and activation of thinking, expansion of consciousness

My body is completely relaxed and warm. I breathe in and feel a warm, peaceful sensation spreading through me. The forehead is also relaxed, the eyebrows are slightly parted from each other. The eyelids are relaxed, as are the tiny muscles around the eyes. The forehead and eyes feel fresh and cool.

I direct my attention to the light, free flow of breathing. With each inhalation the abdominal wall rises, with each exhalation it descends again.

I feel a silky breath in my nose. Silky-cool breath enters the nose, warm it strives outward.

This silky coolness flows with inhalation into the forehead. Each breath penetrates the forehead with clarity and freshness. Now I picture a white triangle on my forehead pointing up. This triangle is composed of white

Sveta.

With each inhalation, the triangle of light becomes brighter and more radiant. This radiance fills my head and my consciousness.

(The breathing phase is about 10 minutes.)

My forehead is cool and permeated with light. The head is absolutely fresh and clear. In vigor, I return internally to the current situation. My motives are full of love and friendliness. Now I forcefully bring my body into an active state.

Yin and yang

Harmonization of the male and female parts of personality

To bring both parts of the personality into harmony and balance, special affirmations are used, which are taken from the chapter "Mental training", first of all - the next meditation "Yin and Yang".

I am relaxed and I feel amazingly calm and free.

First, I direct my attention to the qualities of my feminine self, my yin energy.

The soft calm fills me pleasantly. I spread friendliness and warmth, react with sympathy to everything around me. I like to create beauty

and I enjoy beauty in any form.

My whole being is filled with a sense of fun and joy. I enjoy living with my heart. At the same time, my heart shines with the joy of life. I am light and carried, something deep inside me feels soft and tender. I feel completely in my place.

Now I mentally appeal to the positive qualities of my masculine "I", the yang energy, in order to complement my feminine part, to protect and strengthen it.

I have a will that brings me discipline, logic and reason. I am full of energy and I feel brave and strong. My mind is awake. I have a keen understanding and a clear spirit. With concentration and dedication, I take on my tasks. I plan my day intelligently and work economically and efficiently. When necessary, I successfully insist on my own. I am confident and respected.

Both energies are harmoniously combined in me. Each is an extension of the other, and both give me the awareness of my completeness. Thus, I am able to react flexibly to the situations and demands of my daily life. In my thoughts, like a multiple echo, the following sentence is repeated: "My male and female 'I' are in harmony. "

Meditation on images

The yin-yang symbol briefly flashes before my inner gaze, symbolizing for me my fullness and inner harmony.

With a sense of balance, clarity and joy in life, I again enter the current situation internally. My motives are friendly and full of love.

SELF-HEALING: ENERGIZING THE ETHERIC BODY

Meditation for self-healing are based on the strong influence of the image of light, since light symbolizes the original form of life energy. Visualization of light allows you to activate in the body a strong healing energy that affects all spheres.

For any disease, the healing process can be accelerated and intensified by imagining the affected area flooded with sunlight. The subconscious turns the light into an impulse that activates a self-healing mechanism that successfully heals injuries or relieves disease.

Before light visualization, a grounding exercise is performed to stabilize the etheric body. This exercise increases the power of concentration and stamina and helps with feeling weak, low blood pressure, daydreaming or scattered.

Earthing

Essential for healing, empowering and stabilizing the etheric body

This exercise is done in the supine position, with the palms on the floor and the legs slightly bent at the knees so that the feet also maintain contact with the ground.

My body is free and relaxed, and I feel my own weight. I imagine myself lying on a soft green meadow. The grass serves as a soft blanket on which my body lies, and I completely passively allow the earth to hold me.

I feel the gravity of the earth. In full confidence, I allow Mother Earth to hold me and feel one with her.

Now I imagine that roots are coming out of my feet into the ground, powerful roots that penetrate deeper and deeper into the soil and branch out into it.

A thick root also grows deeper into the ground from the tailbone.

I feel deeply and firmly rooted in the earth and absorb through the roots the natural power of the earth into me. Powerful energy rushes through the roots to the feet and flows down the legs. Along the root that goes to the tailbone, it also flows into the body when sweet, warm power.

I also receive energy from the earth through my palms.

Especially clearly I can feel the energy of the earth in my back. This energy slowly flows up the spine, along the neck, up the head to the very top.

My whole body is filled with life energy. I feel empowered and confident.

As my thoughts return to the current situation, I retain a sense of strong and deep rootedness in the earth. Strongly and energetically I bring my body into an active state and tighten my muscles. I feel totally refreshed and refreshed. My motives are directed with love and friendliness to all being.

Body of light

Filling the etheric body with energy

I visualize my etheric body shining with white light. My physical body is completely permeated with this shining light, as if I were transparent.

Meditation on images

Purifying and revitalizing, white light penetrates every cell and fills it with radiance. Every cell of my body shines like a small sun.

Countless atoms of the body sparkle in this light like sparks of the sun.

I am made of pure, radiant light. I glow as dazzlingly bright as the sun.

All atoms and cells are filled with this sparkling sunlight, my etheric body glows like pure, radiant life energy. A sparkling light envelops me with radiance and protection. Through this light, I become pure and healed.

Shrouded and protected by white light, I return internally to the current situation. My motives are friendly and full of love.

Light breathing and healing

Filling the etheric body with energy

I imagine myself sitting in the sun and feeling the warmth of the sun on my skin.

Sighing internally I open myself to the warm, life-giving sunlight. With every breath I absorb the sun's rays, this golden healing radiance. I

feel amazingly relaxed and free.

My sun-soaked breath cleanses and refreshes the entire chest cavity; my ribcage is filled with radiant sunlight.

Now a radiant breath, sunny and warm, flows to the abdomen. A pleasant sunny feeling of calmness fills the abdominal cavity with light and bliss.

With each breath, pure sunlight flows into the spinal column. I breathe clear radiance through my spine. With each next breath, it shines even brighter until it turns into a column of light.

Now, with each breath, light flows into the legs to the very feet. Legs and feet shine brighter and brighter.

The radiant solar energy flows into the hands and palms, to the very fingertips with every breath.

Now I breathe in blindingly clear sunlight into my forehead. Radiant light fills the head.

My consciousness is awakened, and the world of my thoughts is filled with fresh clear light.

I am completely composed of radiant light and glow. It is an amazing, light and free feeling.

(Additionally for diseases: I breathe in the light purposefully into the diseased area of the body. With each breath, this area becomes brighter and clearer. More healing energy pours into these cells until the entire area is composed of pure, brilliant sunlight.)

My thoughts enter the current situation again. At the same time, I continue to remain filled with sunlight and enveloped in its protection.

My motives are friendly and full of love.

A waterfall of light

Cleansing and energizing the etheric body

I imagine myself bathing in a sparkling waterfall of liquid light. I mentally reach out towards this soul from the sparkling sunlight and breathe deeply.

I open myself to the cleansing, healing light. With all fibers I absorb it into myself, like a flower that exposes itself to the sun's rays. This vibrant life energy pervades me.

All problems, all obstacles are washed away from me, the sunshine permeates every cell of my body, and I feel amazingly fresh and purified.

My spirit is cheerful and clear. I am filled with the radiant solar energy of life. My body is strong and healthy.

Meditation on images

Refreshed and stronger, my consciousness returns to the current situation, while I remain radiant and shrouded in brilliant sunlight. My motives are friendly and full of love. In a good mood, refreshed, I again bring my body into an active state.

Visualizing yourself in a healthy state

Healing and energizing the etheric body

I am remarkably relaxed and satisfied and I feel completely in my place.

An image of myself emerges in my mind in a beautiful, sunny place where I spend my vacation. When I observe myself in this situation, I see myself laughing and enjoying happiness and freedom. I can see how well rested, full of strength, healthy and energized I am.

In my imagination, I walk in this sunny place, smiling and feeling relaxed.

The sun is shining and a gentle breeze is blowing refreshingly through my hair. I see myself as I walk with calm, firm steps, cheerful and clear, full of courage and confidence in myself. I love me.

Having become stronger, in a good mood, I again internally return to the situation here and now. My motives are pure and friendly.

Divine Temple of Healing

(by "White Eagle")

Healing and energizing the subtle body

In my mind, I call upon light beings who can escort people to the Temple of Healing.

Before my inner gaze, two shining bright figures of light appear to greet me. I feel the tender love they have for me, and I feel safe with them.

They take me with them to the divine Temple of Healing, which is located in a very high sphere filled with light.

I have the feeling that I am soaring higher and higher and become absolutely light and free. Happy and carefree, like a child, I trust myself with my wonderful companions.

I feel the freshness of a spring morning, and a pale green, sun-drenched landscape opens before us, in the middle of which, like a sparkling white pearl set in a frame, is the Temple of Healing. The birds chirp in exultation.

Before we enter the Temple, my shining angels of healing lead me to bathe in a clear waterfall that pours into a large stone bowl. From this bowl, the water flows in the form of a small stream and wriggles like a silvery snake along the sunny meadow hills.

The water in the bowl looks unearthly clear and sparkles in the golden rays of the morning sun.

"This is how I imagine living water," I think.

I shed my clothes and immerse myself in glowing water that is almost as warm as my skin. It flows around me silky, taking away everything that limits and interferes. I am filled with wonderful freshness.

With pleasure I plunge entirely into this source of eternal youth and swim in it. I can't resist taking a few sips of it. Never before have I felt such a delicious freshness and at the same time such a flow of vitality and energy. In this water, all my cells are renewed and my entire being is deeply cleansed and healed.

After I am fully energized, I step out of the waterfall bowl.

Meditation on images

My loving guides greet me with a fluffy white towel that envelops me with warmth and softness. I am filled with a long-forgotten liveliness. Spring flows through my heart and I feel the joy that seems to give me wings.

Now the morning dew is sparkling in the grass. I breathe deeply in the gentle spring air and the scent of all the bright flowers that grow in the garden of the Temple.

My companions, woven of light, now lead me to the marble temple, the large round arches of which are open in all four directions.

With awe we enter the radiant white Temple filled with delicate floral aromas. In the center of the Temple there is a round marble bowl in which lotus flowers float. Four recesses in the marble floor, in which you can sit, are oriented to the cardinal points.

These beds are filled to the brim with fragrant, fresh flower petals, each with its own color: one bed is dazzling white, the other glows with golden golden, the next contains petals of light blue tones, and another is full of flowers of all shades of pink.

I lie on these flower petals of one of the boxes, as if on a delicate, fragrant cloud.

Only the light splash of the waterfall and the joyful chirping of birds are heard. The golden morning sun fills the temple with light reflections.

Happily carefree, I rest in this healing atmosphere and let the light and scents of this heavenly place penetrate me. Warmth and lightness are felt throughout the body. My skin exudes the scent of flowers. A liberating sense of deep peace fills my soul. I will let the healing that awaits me here take place. In the end, my two shining healing angels gently touch me to bring me back to my world. With a smile, they wrap me in their brilliant white light and help me return to the current
tuation.

Filled with light and peace, I return here. My motives are friendly and full of love. With a great mood and freshness, I reactivate my body.

Group Healing - Sun Lotus

Group meditation for healing and replenishing energy reserves

When a group of people work together with the visualization of light and healing and transfers the visualization of light to the whole group, the healing energies are multiplied.

We imagine that together we compose a white flower, and each of us is a petal of this flower.

We compose a bud that is gently and warmly illuminated by golden rays of the sun. Little by little, we open up together to the golden rays of the sun.

Our bud opens up in a beautiful, radiant stream of life energy that emanates from the sun. We recklessly surrender ourselves to the warm sun and blossom. Now we are a dazzling white lotus flower, whose transparent, delicate petals shine in the sun. With a deep breath, we drink the sunshine and let it into the deepest depths of ourselves. Sunlight is amazingly cleansing and refreshing. Every of us is pure, fresh and radiant.

Together we create a radiant white flower of light that exudes an amazing scent.

We slowly close again into a white, shining lotus bud until the tips of our petals gently touch. We then forcefully activate the body.

Meditation on images

Group Healing - Circle of Light

Group meditation for healing and replenishing energy reserves

Light visualization practiced by a group of but, it enhances the healing light energies many times over.

We imagine that we are bathing in streaming light, as in a sparkling, sparkling waterfall. A shining golden stream of solar energy permeates us, as if we are transparent.

The flowing sunlight miraculously heals and liberates, with its help everything that interferes is washed away. With a deep breath, we open ourselves even more to the sparkling stream of light. We are crystal clear, light and shine brightly.

Now we are aware of our group, and everyone feels like a part of this circle flooded with light. We continue to visualize sunlight streaming down and create a funnel of golden sparkling light.

Now, each of us is channeling this golden, healing stream of light through our own heart chakra to our neighbor to our left. Everyone creates a channel, a source of light. At the same time, we visualize how softly and salubriously shining light fills the neighbor on the left, as if it is transparent. In our imaginations we see this person in good spirits, healthy, smiling and full of energy.

We surround our neighbor with a protective, dazzling white light blanket.

Now our group is a shining circle of light, in which the light flows in a clockwise direction. Each of us emits and receives light. We heal each other. For a while we concentrate on our radiant, flowing ring of light.

Before ending our meditation, we mentally thank the neighbor on the right with love, who has been shining light on us all this time. Perhaps we even mentally give him a beautiful flower.

In the end, everyone completely returns to themselves. We are clearly aware of our bodies. Everyone rests in himself as in a sparkling oasis of silence.

Consciousness is awakened and everyone returns internally to the current situation. We feel deeply rested, radiant, in good spirits, and filled with fresh strength.

MEDITATION MANTRAS

The introduction to the mantra meditation is the classical meditation sound "OM". It is followed by various forms of breathing mantras that awaken the creative spirit.

Mantra-meditation "OM"

The mantra "OM" means the powerful original soundcreation, like the sound of God, which is heard, for example, in the hiss of the sea surf or in the rolling thunder during a thunderstorm. This initial sound gives strength, clarity and inspiration.

In deep relaxation, I allow the powerful sound "OM" to arise.

I repeat the mantra "OM", first chanting aloud or in an undertone, and I feel this sound being heard in my body. In the end, I repeat this syllable - the sound is just a clue -

lazily.

My spirit plays this sound. I sing it in my mind.

"OM" is drawn out through my spirit.

Every time my thoughts drift aside, I find the warm, deep sound of "OM" again.

Meditation on images

Breathing mantras

In this type of meditation, one sentence is rhythmically repeated during inhalation and exhalation. In this way, breathing deepens and harmonizes. Cognitive activity calms down, rhythmic mental repetition centers and deepens breathing and gradually brings the action of mantra affirmations to the fore. They can be used both during meditation and in everyday life (refueling the car, jogging or working in the garden, doing something else like that).

If we have chosen a figurative breathing mantra, it is easier for us to keep our attention focused on it, in addition, the symbol-image has an additional healing and intensifying effect. Breathing mantras allow you to create your own, appropriate affirmations as mantras and apply them in meditation, as well as in everyday situations. You can create a permanent set of personal breathing mantras that are suitable for different activities or situations and have different effects, whether it is energetic charging or tranquility, self-confidence or

inspiration and light, up to expanding consciousness and attunement to the divine.

Affirmations (positive and in the present tense) should be formulated, if possible, along with visualization that feels useful or pleasant. For example: "I breathe light into my sacral chakra" or "I am calm and confident." The affirmation is divided into two parts, for example: "I breathe light ..." and "... into my sacral chakra". The first part is repeated on inhalation, the second part on exhalation. After several in-breaths and exhalations, this mental repetition begins to occur by itself in the rhythm of breathing and can continue as long as you like, both during meditation and in everyday life.

Breathing mantra "Love and Healing"

Purification and activation of the heart chakra, a feeling of happiness and spaciousness

I visualize breathing in warm, golden sunshine and my entire chest filled with it. As I exhale, I visualize my heart chakra as the golden morning sun that radiates my breath like a shining wind.

My mantra for this visualization is "Golden ..." during inhalation and "... solar wind" during exhalation.

Breathing Mantra to Focus on Christ

Attunement to the light and love of Christ

While inhaling, I mentally repeat the word "Christ ..." and open myself to his presence, while exhaling I visualize my heart chakra, shining with golden rays and mentally repeat the word "... the sun".

Breathing mantra for inspiration

Activating the parietal chakra and spiritual strength

I concentrate on the top of my head, on the crown of the head.

Overhead, I visualize a shining ball of light, a small sun. A bright stream of light emanates from this sun into my crown.

Now I am strengthening this connection with breathing. While inhaling, I direct my attention to the ball of light and mentally say the words "White light ..."

As I exhale, I mentally recite "... the divine Spirit."

At the same time, I imagine how a blindingly bright stream of light penetrates my head.

I am filled with the consciousness of light. My head is fresh and clear.

Meditation on images

Now I feel my body again and feel its warmth and weight. Deep energetic roots emanate from my main chakra and penetrate into the earth, absorbing the fresh power of nature.

I am cheerful and full of energy. My motives are friendly and full of love. In a good mood and in a state of freshness, I bring my body into an active state.

Other breathing mantras

Below are a few ideas that can serve as patterns for personal breathing mantras. Their impact is enhanced when any figurative representation is associated with them. Meditation with the breathing mantra is a very powerful method of influence, it should be done for at least ten minutes in a state of deep relaxation or in daily life in the form of automatic repetition that proceeds in the mind. The breath is pleasantly deep and calm.

Inhale exhalation

"I'm awake. and I am sure of yourself "

"I'm calm. and clear "

"I breathe light. to your sacred chakra "

"Divine. healing shine"

"I am the love. and peace "

"Space. flow life "

"Heavenly. peace "

"I am loved, loved. and love "

"My divine self. leads me"

"I am. clear consciousness"

"I AM. there is"

CHAKRA MEDITATION

During the following exercises, we use the stimulating effect of colors to harmonize the work of the chakras. Further, the connection between the chakras and precious stones is briefly outlined, which, when meditating on the chakras in the prone position, can be placed on the chakras.

Main chakra	(coccyx)	Garnet
Sacral chakra	(three fingers below the navel)	Carnelian
Belly chakra	(on the stomach)	Amber Golden Topaz
Heart chakra	(center of chest at heart level)	Rose Quartz Ruby Light Green Topaz
Throat chakra	(throat)	Turquoise Chalcedony
Forehead chakra	(between the eyebrows)	Lapis Lazuli Sapphire Aquamarine
Parietal chakra	(highest point of the crown)	Amethyst

Rainbow

Chakra harmonization

In my imagination, I imagine all the colors of the rainbow shining through me.

Legs are relaxed, warm and well supplied with blood to the feet. In my imagination, I see the legs, tailbone and pelvic floor glow with a fiery red light, this glow is felt warm and strong.

The pelvic organs are relaxed and free. The pelvic area is filled with orange light that awakens vital force and vitality.

Meditation on images

The abdominal muscles are relaxed, the stomach and abdomen are relaxed and soft. Sunshine yellow light fills the belly with pleasant warmth and peace.

There is breadth and freedom throughout the chest, I breathe relaxed and easily. A fragrant, bright spring green color penetrates the chest, along with a feeling of lightness and freshness.

I feel my throat and imagine it filled with an amazing turquoise color that is clear and liberating.

The forehead and eye area are completely relaxed and glow with a cool blue color.

Attention shifts to the highest point of my body, to the dark. I am awake and visualize the crown of my head glowing with a purple glow. I am filled with deep peace of mind and clarity.

Now I am looking at the dazzling white sunlight in which all colors dissolve. All the cells of my body shine with this clear light. It cleanses and heals. Pure life energy pervades me.

In my imagination, I see the colors of the rainbow again. I see a radiant purple, a transparent blue, a refreshing turquoise, a bright spring green, a sunny yellow, a radiant orange, and finally a warm red.

Aware and filled with energy, I am again immersed in the current situation.

I consciously connect to the ground and feel the weight of my body. With friendly and pure motives, I return.

A grotto with precious stones

Chakra harmonization

I am walking in a beautiful sunlit area. The fresh summer scent of meadow flowers and herbs fills the air,

and I feel a warm wind on my skin. I realize how wonderful, free and easy I feel.

A mountain rises in front of me, towering high into the sky. At the foot of this mountain I find a grotto. I enter the grotto, which rises slightly upward, and I notice sparkling crimson pomegranate stones on the walls. As if in a fairy tale - I am in a cave with precious stones.

In the distance, I see a small opening through which daylight enters the grotto, illuminating the precious stones.

Curiously, I walk into the grotto, past the dark red flashes of a grenade. A warm red glow surrounds me and fills me with new strength.

I walk over to the orange shining carnelian stones. The path is now illuminated with orange light. This light is pleasant and fills me with vitality, youth and joy. As I move on, the gems change their color to yellow. Golden yellow topaz shines on all sides. Yellow light warms my abdomen, which

Toraya feels calm and relaxed.

I move on and the color of the gems changes again. Topaz emits a soft green glow all around me. My heart opens and feels freshness and breadth.

The brilliant green fades into blue, and as I move on, I find myself surrounded by a brilliant and shining turquoise. I see and feel nothing but the beauty that surrounds and enchants me.

Inspired, with a flying gait, I walk on and find myself in clear dark blue sapphires that sparkle amazingly. My perception is vigorous and clear, the deep blue color brings freshness to my mind and gives me the ability to concentrate.

Finally, I come to the top of the grotto, where amethysts glow with a deep purple color. The radiance and brilliance of these gems

envelop me in a sparkling violet light. My consciousness expands and I perceive a mysterious silence that awakens a sense of awe in me.

Meditation on images

A few more steps lead to the exit from the grotto, and I look up at the high dome, which suddenly opens above me like a sacred Temple. Countless sparkling diamonds immerse the outlet in a dazzling white glow. I am still in this precious splendor.

I breathe in all this beauty and linger for one more minute before leaving the grotto.

Now I go out into the sunlight and find myself high in a mountain meadow. The sun's rays warm me up, and again I feel the fragrant summer breeze that strokes my skin and hair.

Before starting the descent, I collect a small bright bouquet of fragrant meadow flowers.

With each breath, I absorb the clean mountain air and now I can easily start descending. At the same time, I feel as though cleansed, completely fresh and clear. Finally I reach the foot of the mountain.

Rested and calm, I return to my current situation internally. With friendly and pure motives, I return.

Colored fields of light

Chakra harmonization

I'm heading for a walk in the colors of the rainbow. First I walk into a shining haze of red

which permeates me with warmth and fills me with energy.

The shining haze becomes lighter and turns into a bright orange that surrounds me and fills me with joy and lightness.

From a cloud of orange light, I move into a sunny yellow light field. I am pleasantly impregnated with warmth, filled with harmony by radiant yellow.

Sunny yellow turns into a delicate, light, spring green, which has an amazing healing effect. I exhale and feel relaxed. It seems that my ribcage will now open, and I feel light and happy.

Now I find myself in a clear turquoise glow that sweeps over me with freshness. I enjoy its purity and beauty.

This radiant color turns to sky blue. My spirit expands in this blue, spacious light. With every breath I take in breadth and freedom. I am extremely cheerful, my consciousness is clear.

The pure blue changes to a violet, shimmering opal. A deep radiance filled with mystery surrounds me, and I intensely contemplate myself. I blissfully feel peace of mind and deep inner silence.

Suddenly, a bright beam of light flares up and I step out of the rainbow into shining white sunlight. The sun's rays pierce me. I get the feeling that I am floating in this radiant light, bathing in it and being healed to the depths by its rays penetrating into me.

Imbued with light and filled with energy, I return in my consciousness to the current situation. White radiance surrounds me, protecting me like a cloak of light, and inside I remain in a state of blissful peace. All my motives are filled with love and friendliness.

I force my body into motion, I tighten all my muscles and I feel very vigorous and full of life.

Chakra flowers

Chakra harmonization

My chakras look like multicolored shining flowers. First, I concentrate on the main chakra in the

Meditation on images

the spine and I see it as a fiery red flower of light.

Now I imagine my sacral chakra as a shining orange light flower.

I feel the abdominal chakra as a warm and radiant sun-yellow flower.

The heart chakra resembles a flower, shining in the center with pink light and surrounded by green petals.

I am aware of my throat chakra and visualize it as a bright turquoise light flower.

My attention is directed to the forehead, while I imagine my forehead chakra as a fragrant fresh blue flower. I feel my crown chakra and see it as

upright purple light flower.

In my imagination, I go through all the chakras from top to bottom again and imagine that each flower again closes its petals into a bud. With joyful and pure motives, I return. Refreshed and energized, I energize my body.

Multicolored silk scarves

Chakra harmonization

I dive deeply into blissful peace until I begin to feel pleasantly relaxed and free. The breath flows softly and I am completely alert and clear.

My imagination takes me now to an amazingly beautiful white beach in Bali. I walk under the palm trees and listen to the gentle splash of the surf.

I find a pile of silk handkerchiefs in the sand in front of me. Each scarf has its own shining color.

I start to choose the most beautiful colors from this bunch. I look at a shining red handkerchief. Then I

I pull out an orange, and it flies in the wind. Next, I pick up a sunny yellow shawl. I hold the soft green against the sun, so it glows. And I admire the light glow of the turquoise shawl.

Then my eyes are drawn to a shining blue silk scarf. Eventually I find a scarf made of violet silk, and it rushes in the wind and shines.

There are still other delicate colors in the bunch, and I am looking for those that seem to me the most beautiful and pleasant. I substitute the selected scarf straightened to

currents of wind and rejoice in the gentle shine of silk.

My shawl is so big that I can wrap it around my body like an Indian sari. Silk touches the skin lightly and airily. I was completely wrapped in a silky radiant color.

A pleasant airy calm surrounds me. The warm wind blows a silk scarf gently and coolly streaming over my skin.

I bring this airy silky sensation with me to the current situation. With friendly and pure motives, I come back again. Fresh and full of energy, I energize my body.

Filling the chakras with energy

with breathing mantras

Through work with breathing and visualization, the chakras receive strong stimulation and energy filling. This chakra work has a healing and harmonizing effect. Because these exercises are usually relatively short, they are especially well suited for attunement to meditation.

In other cases, the exercise starts from the main chakra and goes from bottom to top.

Meditation on images

Each affirmation is mentally spoken in the rhythm of breathing and is divided into a phase of inhalation and exhalation. Thus, with the main chakra: "Red fire force ..." on inhalation, and "... earth" - on exhalation (see also the chapter "Breathing mantras").

Attention everyone once directed to the corresponding chakra. Each affirmation is repeated three times, so for each chakra there are three in-breaths, while the breath flows freely, relaxed and calm.

	inhaling ...	... on exhalation
Main chakra	"Red fiery power	... land "
Sacral chakra	"Freshness.....	... and the joy of life "
Solar plexus chakra	"Nice warm	... calmness "
Heart chakra	"Golden morning sun ...	... love "
Throat chakra	"Clarity.....	... and beauty "
Forehead chakra	"Cool.....	... and vigilance "
Parietal chakra	"Divine	...consciousness"

Sun chakras

The chakras are visualized one by one as suns, due to which they are filled with energy and healed. This can dissolve the blocks in the chakras. If such blockages, spasms, or feelings of limitation are still felt, it is recommended to extend the energetic work on the corresponding chakra up to five to ten minutes and do the exercise daily.

I move from one chakra to another down, starting from the forehead chakra, and visualize each chakra as a sun. At the same time, I imagine that I breathe light through each chakra, and on inhalation I repeat "Shining ...", and on exhalation

"... the sun" (three to nine times for each chakra).

Main chakra	"Shining ...the sun"	
Sacral chakra	"Shining ...the sun"	
Belly chakra	"Shining ...the sun"	
Heart chakra	"Shining ...the sun"	
Throat chakra	"Shining ...the sun"	
Forehead chakra	"Shining ...the sun"	
Parietal chakra	"Shining ...the sun"	

Now I imagine the light that feeds my radiant chakras slowly flowing up the spine, starting at the base chakra, and transforming it into a column of light. The breathing mantra is repeated with each inhalation and exhalation until, in my imagination, the entire spine, up to the crown chakra, begins to shine.

Now my attention is directed to the crown chakra, and I repeat my breathing mantra "Shining sun" as often as it pleases me.

Finally, I feel the back of my body, from the crown chakra to the base chakra, warm and radiant. My entire body is surrounded by a protective light.

The energy flow goes from my main chakra to the center of the earth.

With friendly and pure motives, I return to my everyday situation. Refreshed and in good spirits, I reactivate my body.

Cleansing and energizing the sacral chakra (hara center)

The sacral chakra (located three fingers below the navel), also called the hara center, has

Meditation on images

key to energy balance. By filling the sacral chakra with energy, you can noticeably improve the condition of the body, health and level of vitality. If the energy is collected in this center for a long time, then it gradually begins to rise along the central channel (spine) and more and more awakens spiritual energy.

The following exercise can be quickly incorporated into daily life to relax tensions and store energy, for example, if you stop at a traffic light, linger in a waiting room, and so on. The exercise lasts from two to thirty minutes, depending on the situation and need. In this case, it is best if the left hand rests easily on the sacral chakra.

In my imagination, I let a radiant white light into my body through my forehead. With each breath, this life-giving light, like a sparkling waterfall, flows down my body and collects in my sacral chakra.

With every deep breath, I let sunlight through my forehead, and it flows into my body, while mentally I repeat: "Shining divine light ..."

With each slow exhalation, I collect the light in the pelvic area, as if in a golden bowl, and imagine how it is concentrated in the sacral chakra, turning into a sparkling white sun. As I exhale, I repeat in accordance with this visualization: "... creates a brilliant white sun."

I relaxed my attention back to the outside world. My motives are full of love and friendliness.

Heart Chakra Meditation

As already mentioned, the heart chakra is the key to the joy of life and the inner state of consciousness.

Feelings and thoughts of disgust, judgment or aggression, such as greed, jealousy, or fear, consume energy and block the heart chakra. This means that the subtle stream of life can no longer flow freely. The effects can manifest as feelings of inner emptiness, anhedonia*, mania, or depression, and they often harbor character traits such as ill-will, anger, or self-pity.

The following image meditations heal, from-cover and release the heart chakra. Exercise should be accompanied by an effort to think constructively and be loving.

Exercises are separated into two categories. First, visualizations help to get rid of blocks and reversals.

If a person in any particular situation finds these exercises difficult and unpleasant, then one should reflect on the fact that seemingly justified disgust, aggression or antipathy harm the person who experiences them, since they deprive the person of life and health. The stronger the inner resistance at first, the more the practice of these exercises frees us.

The following meditations awaken the heart and the flow of vitality. At the same time, love is equal to the universal energy of life, which permeates the entire cosmos and every atom of our being. This unconditional, life-giving power of love can manifest in us as well. As nature, which incessantly gives birth and growth of new life in its wasteful diversity and beauty, we can also plunge into the divine flow of life energy, trying to bestow unconditionally, proceeding only in order to act in harmony with the greater principle (rather than a selfish sense of self-preservation).

* Anhedonia (from greek... a - negation + hedonē - pleasure, pleasure) - inability to experience pleasure; complete lack of interest in the pleasures of life.- Note. ed.

Meditation on images

The award consists of joy and liveliness, which already go far beyond the material dimension.

Dissolving Blocks

Basic exercise to open the heart chakra

This exercise should be performed as often as possible until the person performing it can peacefully meet with his “conflicted person” internally and externally.

I feel amazingly deep relaxation, my breath flows easily and freely. My forehead is cool and smooth. In this pleasant peace, I remain alert and clear.

Now I make it so that a person appears in front of my inner vision that I do not like or with whom I am in a quarrel. At the same time, I breathe deeply and remain in a pleasant calm. I feel in my place, I am satisfied. My thoughts remain completely calm and clear. Now I look at this person with good will.

I use willpower to see this person in an impersonal, friendly way, no matter how they behaved.

What are his positive qualities I know? Do I remember any of his pleasant behavior?

Now I let go of all inner resistance, all dislike or anger. I am resolutely getting rid of this unnecessary and unnecessary ballast! I forgive this person for his weaknesses, and his behavior ceases to be my problem. And I make peace with this person. He can't hurt or piss me off anymore, no matter what he does.

In my imagination, I hold out my hand to this person and smile at him. He smiles in surprise and shakes my hand.

In doing so, I feel a pleasant, relieving feeling of reconciliation.

I rejoice at my own tolerance and warmth of heart. I feel lighter and more relaxed, each breath filling my chest with a sense of spaciousness and freedom.

Being in this good state of health, I come up with an honest, positive wish for this person, for example, good mood or success. I see him smiling and healthy.

My heart shines with sunshine and warmth. I am at peace. All my motives are filled with love and friendship.

Satisfied and light, I return to my current situation.

Harmonization of the heart chakra

The following positive thoughts and desires, like others like them, also improve mood, well-being and health, while filling the heart chakra with energy.

My whole body pulsates gently with warmth that spreads to my fingertips.

I lightly place the fingertips of my left hand on my heart chakra to feel it better. My breath flows in the form of radiant life energy to my heart center. With each breath I absorb the sunshine and let it flow gently to my heart chakra, as I exhale, a golden glow emanates from my heart chakra. Each breath clears my heart center and it starts to shine. With each breath I feel more free and relaxed. My ribcage is wide and free. The entire ribcage is filled with solar radiant vitality that also shines softly through

my heart.

Someone spontaneously appears in my thoughts, anyone, anyone. I look at this person with friendliness and love, and I find in him some kind of positive quality, something nice and valuable. I try to be friendly with them.

Meditation on images

What does this person want? What does this person need?

I imagine this person smiling, in good spirits and healthy. In my imagination, I offer him a beautiful fragrant flower.

Now a warm golden light flows from my heart chakra to this person, and I can see his heart chakra also shining and filling with warmth.

I concentrate on myself again and enjoy my light-filled consciousness. A deep, healing peace spreads within me. All my motives are full of love and friendliness.

I stay in this inner state when I mentally enter the current situation.

Radiation of harmony and light

Energizing Heart Chakra, Improving Mood, Wellness and Health

I rest in deep relaxation in myself and enjoy the feeling of peace and quiet.

My consciousness is attuned to the perception of divine light, omnipresent and permeating all existence. I open up to this sunlight, mentally stretch out my hands to it and with an inner smile invite

it illuminate me with its rays.

Like a funnel, I open to a radiant solar stream of light, and it permeates me with its bright golden rays.

I imagine how softly my heart opens to receive the light and radiate it further. My heart chakra shines, it opens wide and is filled with warmth. With each calm deep breath, a blindingly bright divine light flows into my body, and with each deep breath I send light from my heart.

roof in the form of a warm golden stream of light.

This stream of light I aim at a certain person, group of people or space. I plunge deeper into this “channeling” of light, thinking on inhalation: “Divine light ...”, and on exhalation - “... radiates love and peace”. As I exhale, I visualize how the flow of light from my heart causes a radiance in a person or in some space, like a sun spotlight. I enjoy the warm, radiant flow of light and the feeling of peace and harmony.

With a sense of gratitude, I remain connected to the divine light and now I am again aware of my body and my environment. My motives are pure and friendly.

In the end, I forcefully awaken the body and feel at the same time my strength and confidence in myself.

Spreading love

Energizing the heart chakra, improving mood, general condition and health

A wonderful peace envelops me, and I rest in myself in warmth and safety. The ribcage is wide and free. My breath flows softly.

The sunshine fills my chest and I feel a loving warmth in me.

Now I am thinking about a person who is in a difficult situation, who has health problems or psychological difficulties. With loving attention, I briefly look at his problem.

Then I see him in his ideal state: free, happy and healthy again. I visualize it in radiant sunlight bathed in light, bright and clear. At the same time, I imagine him smiling, balanced and full of energy. He radiates joy.

My concentrated attention remains focused on this ideal picture, as it gives this person strength and help.

Meditation on images

I heal and give him strength with my thoughts full of love and goodness. Then I surround him with a white protective aura.

Eventually I concentrate again on my pleasant warm body sensation. I am filled with loving warmth and vitality. My motives are clean and friendly.

My consciousness is awake and clear. My thoughts enter everyday life again.

Morning sun

Energizing the Heart Chakra, Improving Mood, Well-Being and Health

I enjoy the gentle peace within me. In this inner silence I find clarity. A life-giving space opens up inside me.

The image of a soft green meadow with a small lake emerges in my mind's eye. The pink morning dawn, playing, is reflected in the light mountain lake and illuminates the surrounding landscape.

With deep, calm breaths in and out, I absorb the pink morning light. I feel my ribcage wide, a rosy glow penetrates it. I enjoy the fresh, clear morning feeling that fills me. With each breath I feel free and seem to be more and more pure.

A warm golden glow spreads over the horizon. I am one with the surrounding nature and the morning sky. And I feel a golden glow within myself.

The first ray of sunlight flashes over the horizon and begins to play on the waves of a mountain lake. In my chest I feel the clear, warm glow of a sunbeam.

The morning sun slowly rises and I feel the sunrise within me - golden, radiant and liberating.

And green nature is also immersed in golden light; bright meadow flowers and grasses flare up, and I see dew drops that sparkle in the mountain meadow like countless diamonds. What's the beautiful!

The clear morning air is filled with the joyful singing of birds. All this beauty I absorb into myself, along with the refreshing soft wind that smells of spring.

The morning sun shines with gold and warmth in my chest, and I am full of joy. Sunlight shines from within me.

My whole body is warm, filled with radiant energy. I bring with me pure, friendly motives that are channeled to all with love. My thoughts clearly and cheerfully return to everyday life.

Pink flowers

Energizing the Heart Chakra, Improving Mood, Well-Being and Health

I focus on the heart chakra and feel its center point.

My heart chakra is an amazing rosebud. Warm sunlight pours gently onto this bud, which gently begins to open to receive this sunshine.

Farther and farther, the silky shining petals of the flower open and let the golden warmth inside.

And now the pink flower has completely opened up to the sun, it glows pink and exudes aroma. He drinks the rays of the sun and takes in the life-giving light, while he diffuses a delicate, wonderful aroma.

This sunshine penetrates deep into me until I am filled with it. Warm solar life force flows through my body and fills every cell with fresh energy.

Meditation on images

Now the fragrant fresh rose flower closes a little again to stay safe.

My thoughts enter the current situation again. My motives are friendly and full of love. I can clearly feel my body.

Golden stream of life

Energizing the Heart Chakra, Improving Mood, Well-Being and Health

I feel filled with pleasant warmth and peace. A warm golden sun shines above me. In my imagination, I reach out my hands towards the sun.

I find myself in a wonderful divine stream of life, which pours from the sky in golden rays. The solar stream of light penetrates me to every cell, to every atom in my body.

An endless stream of golden light works radiantly, clearly and healing. I feel a shining river of life energy that purifies me. All old blocks are washed away. I am filled with vitality and love.

Now I am in the divine flow of love. I surrender to the solar current and trust myself to it. My heart chakra feels wide and free, and in its center I feel a radiant warmth.

A sentence pops up in my mind over and over again:

"I love." My heart chakra shines like a small sun. I am filled with the golden stream of the light of life. I absorb the light and spread it.

In my mind I return to reality again and feel my body, my posture and body weight. At the same time, I still remain in the divine solar stream of love and radiate this love. My motives are friendly and full of love.

Golden temple

Healing, opening and energetic filling of the heart chakra, improving mood, well-being and health

In my mind, I conjure up an amazing temple of pure gold in the middle of a wide, soft green landscape. The high gates of the temple open in all four directions, golden columns and ornamented arched windows give the temple an oriental glow. The golden dome soaring up is visible in the clear blue of the morning sky.

You can still feel the breath of the cool morning mist, like a delicate veil covering the ground.

The sun rises majestically and floods the golden temple with rays. It sparkles in the morning sun.

In this temple, it is customary to scatter a handful of gold dust on the altar every morning at sunrise, which is then scattered by the wind. As I get closer, this shimmering gold dust flies towards me from the windows and gates and envelops me in a fresh, radiant golden breath.

Quietly and attentively I enter this temple. The clean air is filled with golden dust, which, like a shining breath, is carried out by the wind.

With every breath I take in this purity and beauty. The silence and clarity of the golden temple fills me.

Several grains of gold sparkle on my clothes and skin. I feel an airy golden breath in my heart chakra.

Shining gold, I re-enter the sunlight and feel incredibly light and free.

The golden glow continues to softly surround me flickering as I inwardly return to my current situation. I bring with me a loving attitude towards everything, and my motives remain friendly and loving.

Meditation on images

Candle meditation

Energizing the heart chakra, improving mood, well-being and health.

Meditation is done in front of the candle

I relax my body and breathe deeply. All thoughts that still occupy me, I let go and concentrate on the candle flame.

If something distracting pops up in me, I mentally transfer it into a candle flame.

Now I imagine how the light of fire with each breath begins to enter my heart chakra, and with each exhalation it begins to radiate gold and warmth from my heart chakra.

Filled with golden light, I return my attention to the outside world. My thoughts are positive and my motives are pure and friendly. With strength I bring my body into an active state.

Heart chakra activation

Intensive filling of the heart chakra with energy

Deep blissful peace fills me with its healing power, like a fragrant balm. My breath flows easily and smoothly.

Tender, warm love envelops and protects me, permeating my entire being. Every cell of my body absorbs the sun's warmth of love.

I direct my attention to my heart chakra. At the same time, I feel my center as a warm shining point. The love entering me revives and expands my heart chakra. A feeling of joy and lightness fills the chest.

The only movement that I feel - this is a gentle flow of breath. I feel silky flowing in

inhaling into my shining inner world, as well as your silky exhalation. My breath creates a fluid connection between the outer world and my inner space, it connects my radiant inner life with the energy of the outer life that surrounds me.

I feel my breath as a radiant, flowing stream of love. I breathe in soft, tender love.

My breath flows silky and light like a golden wind. This golden wind penetrates me.

My heart chakra is clearing, I feel it wide and free. It shines brighter with every breath.

My heart center shines like a small sun. I continue to take in the radiant sunshine with every breath, and with every breath, the radiant wind flows out. My heart chakra is like a wide-open window through which the solar wind blows.

With each exhalation, a golden wind flows to the person who spontaneously comes to my mind. I see him being blown by this soft shining wind of love. It has a healing and beneficial effect on this person. The person smiles and feels good. His aura shines with sunlight.

Now I fully return to myself and feel my heart chakra like a golden sun that warmly illuminates the calm oasis of my inner world. I rest in myself, as in a shining oasis of silence.

I enjoy contemplating myself. As my thoughts return to the current situation, I continue to feel the sunshine in me. I am surrounded by auspicious, airy peace. My motives are full of love and friendship for all that exists.

Meditation on images

Affirmations

to awaken the heart chakra

Mantra affirmations for intense energyfilling and opening the heart chakra

Each mantra affirmation must be repeated at least three times.

First, I relax and with deep breaths and exhales let go of all tension, including tension in the internal organs. I sigh with relief. My face is soft and relaxed, my shoulders are loose.

I lightly place one hand on my heart chakra and recite, quietly or mentally, any of the following affirmations three times:

"I rest in myself, as in a shining oasis of silence"

"I breathe soft love"

"My breath flows in a clear silk stream through my heart chakra."

"Every breath penetrates me with a golden solar wind"

"I see how (any person) is blown by the golden solar wind of my love"

"Golden Sun of Love"

Meditations for the development and expansion of consciousness

CONSCIOUSNESS AND REALITY

Only consciousness is real.

RAMANA MAKHARSHI

The meditations in this chapter are intended to expand consciousness. They connect us with the inner “I” and thus give an impulse to release from the conflicting everyday world with its problems and emotions and to establish a stronger connection with the divine “I” that dwells within us. When we let go of our own little world, we become able to feel freedom and divinity in ourselves.

DEVELOPMENT OF CONSCIOUSNESS

Kundalini - light meditation

In Eastern religions, the kundalini energy means the life force that lives within us, which, like a coiled snake, slumbers at the base of the spine. Usually, the average person hardly uses this primordial energy. With the help of meditation and special techniques, this energy can be awakened and lifted up the spine. This leads to an increase in vitality and awareness, up to so-called enlightenment. Appropriate meditation techniques, in both Hinduism and Buddhism, have been kept secret for thousands of years, as they can be harmful to health if a person does not have sufficient

Meditations for the development and expansion of consciousness

spiritual development and stable moral principles. The awakening of the kundalini described in this book is very mild, nevertheless, pay attention: if a feeling of heat arises, you should immediately complete the exercise. Forced awakening of the kundalini can harm the nervous system and cause psychological disturbances, so these exercises should be done gently and carefully. Extremely safe feeling of warmth; in case of unpleasant sensations or a feeling of heat, these meditations should be stopped immediately and completed with a grounding exercise.

I imagine that a point of light starts to light up at the tip of the tailbone, which shines brightly like a small sun.

This light source begins to travel up my spine. Vertebra by vertebra, it slowly slides up. At the same time, it heals and beneficially fills the inner part of my spine with energy, and the spine starts to glow.

Gradually sliding higher and higher along the spine, the shining ball of light turns the spine into a shining bright column of light.

From my tailbone to the back of my head, my spine shines with white light.

I feel a light source at the back of my head. Now it slides into the center of my head. The head shines from within like the sun. My mind is filled with dazzling bright light.

Now a small ball of light is in my forehead; pure white light shines through the forehead and eyes.

Light also penetrates the highest point of my head, the crown of my head. I visualize my crown chakra glowing like the sun. I am in this light-filled, clear state of consciousness.

My whole being, my "I" shines in purity and deep peace. The light of this peace surrounds my body from head to toe.

My body is filled with radiant light. With a clear, awakened consciousness, I mentally return to my external environment. A soft calm envelops me pleasantly. My motives are friendly and full of love. In good spirits, refreshed, I bring my body back into an active state.

Tao - the circle of light energy

The following exercise is based on the transmission of Tao through the energy flow in the body. According to this teaching, the light energy of chi, or prana, in an optimal or awakened state, flows up the front of the body and down again through the spine. This describes the circulation of energy that this exercise uses. The exercise can be performed for five to thirty minutes and has a cleansing, healing and energizing effect.

I calmly rest inside myself and feel myself. My body is relaxed and free, I sigh with relief and feel a silky flow of breath in my nose.

Through my forehead, I let in the white sunshine, which flows into my body from the front. It permeates with radiant clear rays and energizes my throat chakra, then the heart chakra, belly chakra, sacral chakra and flows down to the main chakra.

I hold my breath for a short time.

With an exhalation, clear light, having a beneficial effect, rises along the spine to the parietal chakra. Radiant sunlight fills my body.

With each breath, more and more light enters this circular movement, which shines brighter in me, like a hoop of light.

Peace of air pleasantly surrounds me. My motives are friendly and full of love. Refreshed, vigorous

Meditations for the development and expansion of consciousness

and full of energy, I re-activate my body.

Disclosure of "I"

Intuitive comprehension of the inner divine "I"

Being in pleasant relaxation, I feel calm and warm. The forehead and eyes are relaxed and filled with pleasant freshness and coolness.

All thoughts slip away, and an infinitely wide space opens up in me. I feel this space, filling it with a conscious presence.

Graceful silence and clarity fills my inner space and I am fully awakened. I rest in myself, as in a wide shining oasis of silence.

In myself I find space and clarity to know myself. I feel my "I am" - my consciousness. I do not perceive anything else but my own conscious self.

I enjoy my presence.

Again, I can clearly feel the shape and weight of my body. With vigor and freshness, I bring muscles to an active state and stretch. I am full of strength and confident in myself. At the same time, all my motives are friendly and full of love. In good spirits and refreshed, I bring my body back into an active state.

Inner world of light

Intuitive comprehension of the inner divine "I"

My body is filled with pleasant warmth, my mind is vigorous and clear.

My attention is directed to my "inner space", the space that I feel not only with my body, but also with my consciousness and mind.

Is there a color that matches my inner world and state of mind?

I explore the extent, breadth and height of the space of my consciousness. What is the size of this space?

I am trying to locate my "I" in this inner space. Where is my sense of "I am" most perceived?

I also try to localize my sense of "I" in my body.

Now I rest in myself as in a shining oasis of silence. My spirit fills my inner space with clear

ness and wakefulness.

In a feeling of warmth, security and self-awareness, I continue to rest in myself, when my thoughts again enter everyday life. My motives are friendly and full of love. In good spirits, I reactivate my body.

Head like the sun

Intuitive comprehension of the inner divine "I"

Now I perceive only my inner silence and the collected strength of my concentration. I direct this power of concentration exactly to the center of my head.

I imagine this center inside the head as a small spark of light. This spark of light is very small, but it shines brightly like the sun and illuminates the inner space of the head with rays.

Gradually a spark of light becomes more and more and grows to the size of a pea, then to the size of a pebble.

Meditations for the development and expansion of consciousness

In deep peace, I visualize this dazzling ball of light expanding further to the size of a tennis ball.

Shining clear light fills my head. The small sun grows further and further until it fills the entire head.

I perceive my head as a sun spreading radiant light. At the same time, I enjoy an amazingly clear, radiant state of my consciousness.

Clear and cheerful, I internally return to the situation

"Here and now". My motives are friendly and full of love. In good spirits, refreshed, I put my body into an active state.

Contemplation "Consciousness"

(by Ramana Maharshi)

Awareness of the inner "I"

I plunge comfortably into deep peace, like a warm, scented bubble bath.

I feel grateful and completely relieved of my personal situation.

The forehead and eye area are filled with coolness and freshness. In the inner silence, I become more alert and clear. Now I am concentrating in the center of the forehead.

All my attention is directed to the question: "Who am I?" I keep repeating this question. I unwaveringly seek the answer and strive to know my "I".

When my attention is diverted, I again direct self-inquiry to my "I" and ask: "Who is seeking?"

"Who is concentrating?", "Who is watching?", "Who wants to know?"

My state becomes quieter, while the observer in me seeks to contemplate what is being observed.

In the end, I surrender with the same intensity to the question: "What is consciousness?" The answer I seek to find in the experience of my own consciousness.

I concentrate on perceiving my sense of 'I am'. I focus on the essence of my own

"I AM". I strive to know my true self.

Awakened and self-aware I return again to the outside world. My motives are friendly and full of love. In good spirits, I bring my body back into an active state.

Centering

Internal gathering, strengthening of consciousness

In deep relaxation, I concentrate on the forehead and the top of the head.

My concentration is directed to my own conscious "I".

I strive to know if my consciousness is part of a general infinite consciousness.

In my mind, I repeat the affirmation: "I am the pure, eternal" I "" and try to comprehend the meaning of this phrase.

Vigorous and self-aware, I again return to the external situation. My motives are friendly and loving. In good spirits, refreshed, I reactivate my body.

EXPANSION OF CONSCIOUSNESS

Exercises to expand consciousness require special concentration; they should be performed in a vigorous and attentive state so that thoughts drift away as little as possible. It is useful to pre-master Meditations for the development and expansion of consciousness

a waking and relaxing image meditation to more easily tune in to the spiritual, supra-personal sphere. The first of the following exercises also supports the process of letting go and attunement to pure consciousness.

Heavenly space

A liberating and expanding effect on the mind

I am amazingly relaxed and free, my body feels soft and warm. I enjoy the feeling of myself. My breath flows smoothly and smoothly. I can feel the soft movement of the breath in my body. With each breath I breathe in the clear expanse of the sky into my chest. I enjoy breathing and my ribcage feels amazingly wide and loose.

It is quiet and calm inside me.

And my thoughts expand into the sky, into a shining dark blue sky filled with light and clarity.

Suddenly I realize that the immense wide sky is filled with radiant clear consciousness.

And I - my consciousness - merges with the liberating breadth of the blue sky and with the quiet, crystal clear awakening that the sky radiates.

This is me, this is my awakened "I" that shines everywhere.

My consciousness stretches high above everything, high above the valleys, above the peaks, above the moving clouds below. These clouds are like my thoughts. I can also look at them from a large, transparent height, and watch them move forward ... some dissolve, others move on ...

My consciousness is one with the all-encompassing consciousness. It embraces the world and at the same time stretches high above the world.

I myself remain a calm, clear, awakened Being that fills the blue sky and stretches into the infinite height, ever wider, higher into the sparkling world of stars ...

There, in the immeasurable heights of my consciousness, the stars sparkle.

And here I comprehend my eternal "I" ... now ... in my spacious cosmic awakening ...

My consciousness remains one with reality - one with the eternal, awake, infinite "I" - when I again carefully bring my warm, life-filled body into an active state. Collected, cheerful and clear, I return to the outside world and feel filled with loving-kindness.

Expansion of consciousness (I)

Expansion of consciousness, activation of the parietal chakra

I am completely relaxed and enjoy the warmth of my body and the soft peace that fills my whole being.

I free myself from all thoughts that still occupy me. I also free myself from all desires, from all personal demands. Later, I will be able to return to my personal situation again, but now I am moving out of it into the higher realms of my consciousness.

The mind is completely free and awake. My forehead is refreshingly cool and I become more and more cheerful. My mind is absolutely quiet and clear.

I begin to think about the endless expanse of dark blue space. This immense vast starry sky stretches over my head. My mind expands into this space. My consciousness is completely free and unlimited. My consciousness expands even further, to the very depths of the Universe, to the radiance of countless stars, planets, suns and galaxies.

A shining light fills my spirit, pure white light that frees me from space and time. I myself am pure white light, free from space and time, infinite and eternal.

Meditations for the development and expansion of consciousness

I am pure conscious being. Now I am resting in my consciousness, in my "I am".

I am divine consciousness.

May divine consciousness fill me all the time, for the benefit of all beings.

Now I can feel my body again, from head to toe. I can clearly perceive my weight. My breath flows smoothly and smoothly.

I remain in a state of clear awakened consciousness. My motives are friendly and full of love. In good spirits, refreshed, I reactivate my body. I flex my muscles with force. Several times, I tense up, stretch and breathe deeply.

Expansion of consciousness (II)

"Grounding" and "Cosmic Consciousness", activation of the parietal chakra

First, I direct my attention down to the ground. The element of the Earth symbolizes stability and the power of settlement.

The earth holds me firmly and securely. I trust Mother Earth and let her carry me. At the same time, I connect with the ground, feel the force of gravity and my own weight.

I am so fused with the earth, as if I have energetic roots that stretch from my tailbone and feet into the ground, to the very hot, shining center of the Earth.

Like all living beings, I am also part of this vast planet with its green lands, wide deserts and shining blue oceans.

Each breath connects me with the element of Air, with the clarity of the blue sky and the freshness of the winds. I breathe in the spaciousness and freedom of the sky.

Now I visualize our Earth as a huge ball, velvet green and sparkling blue, which majestically traces its way through the dark blue space, in silence and clarity.

Sitting between Venus and Mars, our Earth orbits around the warm, life-giving Sun, which attracts it.

My consciousness expands even further - into the depths of the dark night starry sky ...

The stars of the Universe shine in the vastness of my consciousness. This cosmic infinity fills my consciousness with deep silence and clarity.

I bring my consciousness back to our solar system and its center, to our golden shining sun. I connect with its warm, life-giving light.

My consciousness again joyfully and lovingly returns to planet Earth. My body is one of its many tiny living beings. May the divine work through me for the benefit of all living beings.

Now I perceive my bodily form, my weight and strong rootedness in the Earth. My motives are friendly and full of love. In a good mood, refreshed, I forcefully bring the body into an active state.

Meditation "Love"

Expansion of consciousness and activation of the heart chakra

I feel completely blissful and satisfied. In warmth and protection, I rest in myself, as if in a serene oasis of peace.

I think about love. What is love? Do I know the feeling of "loving with all my heart"? When was the last time I felt love?

Meditations for the development and expansion of consciousness

Can I imagine love as a color or light? Does love have a sound or a scent?

Love means the divine energy that sits behind the curtains of creation, and which itself permeates the creation down to every atom.

I am the creation of God, and this makes me valuable and worthy of love. Now I am trying to embrace this omnipresent love. I offer myself to her and invite her. I breathe life and thus I breathe love.

My heart chakra opens wide. I let my whole being be filled with love. At the same time, I experience different aspects of love:

joyful love ...

shining happy love ... tender love ... protecting love ...

healing and comforting love ...

My heart glows in the sun, filled with warmth and joy.

Now I just enjoy the feeling of happiness and freedom in a state of love.

I am the love.

I ask for pure divine love to radiate from me all the time for the benefit of all beings. With all my heart, I wish all beings to be happy.

My thoughts return to this space again, and I remain filled with solar love. I feel loved, protected by love and wrapped in warmth. My motives are friendly and loving. In a good mood and with a feeling of freshness, I forcefully bring the body into an active state.

Walking through the spheres of light

Expansion of consciousness and connection with God

I open my consciousness to the radiant realms of the divine.

First, I enter the realm of wonderful peace. My being is filled with a soft, calm feeling. I feel free, light and carefree.

Then I enter the realm of purity, silence and clarity.

Freshness penetrates me. I am cleansed and refreshed.

My mind is completely alert and clear. I slide into the clear realm of divine infinity. With every breath I breathe in boundless breadth and freedom.

A sphere of golden radiant joy opens to me. Warm sunlight rushes into me. It's the feeling of coming home. I am in the sun of golden divine love; here I am filled with love and surrounded by it. Full of gratitude, I dedicate this blissful feeling to all beings of this earth and wish them from everything

hearts so that they will happily return to this love.

I remain in this wonderful state of consciousness when my thoughts return to everyday life. My urges are friendly and full of love. In a good mood and with a feeling of freshness, I forcefully bring my body into an active state.

Sun of love

Divine love connection, heart chakra activation

I imagine I am walking in a beautiful, sun-drenched area.

A soft warm wind blows from the sun. Filled with joy, I open my arms and open myself to the warm, golden glow of the sun.

Meditations for the development and expansion of consciousness

The sun floods me brightly. Warm wind that is like seems to come from the sun, gently passing through me.

Golden solar wind, I think, and I have a feeling of lightness and permeability.

Golden sunbeams penetrate me like the breath of shimmering golden particles.

It is divine love that fills me with such warmth and gold. I am the creation of God. God loves me.

The golden warm sun of love also shines in me. I feel very happy and joyful.

It is amazing to feel the warm sun of love in your chest, golden and shining.

May divine love always and everywhere act through me, for the benefit of all beings.

With a sunny feeling of joy and lightness, I inwardly return to the current situation. My motives are friendly and full of love. In a good mood and with a feeling of freshness, I forcefully bring the body into an active state.

Parietal Chakra Meditation

Expansion of consciousness, inner space

I feel calm and warm. The forehead is cool and smooth and I am alert and clear.

I imagine on my head a shining white bud of a flower that grows up from the back of my head. This flower is my crown chakra, the thousand-petalled lotus. A halo of light shines around my head and surrounds the lotus flower. Very slowly, this flower opens up, and I perceive the endless space above me. My consciousness expands and spreads
goes up.

The white shining flower of my crown chakra opens even further, and I experience an extraordinary feeling

space and freedom. My spirit is one with this space filled with radiance of stars.

Now the pure, white lotus flower opens wide enough to receive the light of the sun. A soft golden breath fills the world of my thoughts.

My mind shines with clarity and cheerfulness. My spirit, my consciousness is limitless.

I feel one with the divine "I am" that animates all beings.

Above my shining white light, the parietal chakra is a point of light, a small sun made from the light of the divine Spirit. My consciousness remains connected to this point of light.

May this light continue to fill me, for the good of all beings.

Thoughts I go back to my everyday life and feel my body. The eyes and forehead are filled with freshness and coolness. My body feels pleasantly warm. The natural power of the earth flows into my main chakra and I am firmly connected to the earth.

My motives are friendly and full of love. In a good mood and in a feeling of freshness, I forcefully bring my body into an active state from head to toe.

Contemplation "Spirit"

Awareness of the spiritual "I" living within us

In deep relaxation, I let go of all thoughts and my mind is completely free and awake.

I feel inner silence and breadth.

Consciousness is absolutely pure and clear, like the air on a high mountain peak.

When I focus on my wakefulness, I devote my attention to the concept of "Spirit." What is Spirit?

I watch my spirit explore the concept.

Meditations for the development and expansion of consciousness

Then I try to find out: who is watching? .. Concentrating, I try to consciously perceive

learn and know your own spirit.

I remain in this awakened contemplation of myself, returning now to my everyday life. However, my motives are friendly and full of love. In a good mood and with a feeling of freshness, I forcefully bring the body into an active state.

Meditations for attunement to the divine

Often our thoughts, desires, relationships and attachment and just different emotions lead us away from the true “I” or “divine consciousness”.

The following two meditations help to let go of limiting egocentrism, addictions and negative emotions and relax in the divine. When these meditations are done with repetition, their liberating effects are even more pronounced.

Transformation in the Divine (I)

Integration of "shadow sides", psycho-emotional cleansing and liberation; promotes letting go of negative qualities such as mania, hatred, or irascibility

In my imagination, I conjure up some of my “shadow sides”, that is, some of my negative properties (for example, aggressiveness, jealousy, or self-pity). A memory comes up about a situation in which I allowed this quality to take over.

With all my strength, I turn to God in the form in which I have more faith. I am his creation and I know that I am unconditionally loved. I earnestly ask for divine help and release.

Now the situation is flooded with pure divine light, so that a brilliant white light fills me with my behavior.

The cleansing light penetrates deeply into my aura and takes the place of a negative quality. With a deep sigh, I convey my behavior and associated emotions to God.

Meditations for attunement to the divine

I seem to be transparent, permeated with white divine light. It dissolves my problem situations and frees me from the negative quality.

For some more time, I surrender myself to the beautiful, liberating, blessed light.

I thank for the help that was given to me. And I feel light and clear shining. I wish all beings to find help and shelter in the divine light.

With a sense of purity, I again enter the current situation internally. My motives are friendly and full of love. In a good mood and with a feeling of freshness, I energize my body from head to toe.

Transformation in the Divine (II)

Deep cleansing and inspiration; helps to let go of negative sides such as mania, hatred, or hot temper

With a pleasant feeling, I sink into deep peace. I am filled with silence, blessed, healing silence. The endless ocean of divine presence touches me. I feel how the liberating divine space embraces me. As a creation of God, I am valuable and worthy of love. With full confidence, I open up to the beautiful power that created me.

God touches my heart and fills my every breath. Divine spirit streams through the top of my head. I open myself to the omnipresent divine presence, repeating to myself the words "Lord, please direct and fill my thoughts. "

After that I repeat: "Lord, fill my feelings," while I trust myself to God. I open to God my desires and motives, with the thoughts: "Lord, please enlighten my motives

and channel my desires. Help me live with pure, friendly motives. Help my will to stay in tune with You. "

I give myself to God without a single condition; I completely trust myself to God.

If I want to free myself from a certain quality, for example, from mania, depression, hot temper or jealousy, I imagine that this emotional area is penetrated by the consciousness of God.

I break free from this habit and give it to God. In my mind, I say many times: "Lord, please free me from this. May You enter the place of this state. "

In gratitude, I dwell in the blessed divine consciousness. I trust myself in the miraculous and healing omnipresent divine Presence.

I thank God for the help that fell to my lot. And I wish all creatures light, love and divine help. May all beings rediscover their connection with God.

My thoughts come back again into everyday life. I visualize my strong connection with the Earth. My urges are friendly and full of

love. In a good mood and with a feeling of freshness, I forcefully bring my body into an active state, from head to toe.

Meditation on Christ

An intense, selfless attunement to Jesus Christ

I calmly sink into a blissful inner peace.

I imagine myself walking on a flat, wide desert land. The soft wind flows silky around me and makes the warmth pleasant.

The blue sky is cloudless clear and infinitely wide.

Meditations for attunement to the divine

I squint in the sun and notice that the tall, strong figure of a young man in a white robe is walking towards me from the dazzling sun.

I feel an unprecedented atmosphere of peace. Peace that is so deep that it can free me from any oppression. I breathe deeper. And I feel this peace, which, like a delicate aroma, gently surrounds me. Peace that heals me like a gentle, soft balm.

It's good for me to go towards this figure. My heart is filled with joy as I take step by step. There is nothing that could hold back my movement towards him.

As I approach him, I am overwhelmed by a solemn feeling, at the same time associated with a deep joy. The secretly long-awaited and at the same time such a close meeting finally happens ...

As I hold my hand above my eyes to look against the radiant sunlight, a growing figure comes towards me. I see shoulder-length auburn hair that flutters in the breeze, beaming. And I recognize his friendly clear face.

And I go even closer to him, going faster and faster. I feel at ease and happy, like a child. Open and full of trust.

And so I come up to him. I see his loving smile and look straight into his shining, humorous eyes. This is Jesus.

He hugs me with love, it comes out somehow by itself, as if he had been waiting for me for a long time.

I came, returned home, freed myself from all sadness, was safe. I breathe a sigh of relief, relax, trust him and enjoy this saving embrace. I give myself into this embrace.

Its amazing radiance of freshness and clarity penetrates into me.
Heavenly peace fills me.

His divine healing cleanses and heals me.

My heart glows with warmth and joy. I can feel his love. And I know that I am loved unconditionally.

I would never want to free myself from this embrace. At this moment, I feel his promise to be always available to me, as soon as I tune in to him and open up to him. He will never leave me alone again.

The feeling of loneliness is gone forever.

So that I can rest a little longer, he leads me to the oasis, wrapping his protective arm around me. We come to a small lake lined with greenery and palm trees. Here I sink to the ground next to him and enjoy the coolness and freshness of this place. Jesus hands me a cup of clean water to quench my thirst.

I feel more and more rested and refreshed. I thank Jesus from the bottom of my heart for this. And I ask him to act through me for the good of everyone I meet. Consolated, happy and relieved

I very slowly begin to return my perception to my external environment. Inwardly, I remain deeply connected to Jesus.

Filled with warmth and joy, I direct my consciousness back to the outside world. His love continues to surround me protectively, his light fills my heart. My motives are friendly and full of love. In a good mood and with a feeling of freshness, I forcefully bring my body into an active state from head to toe.

Meditation on Buddha

Attunement to Buddha and to one's own Buddha-nature, to deep, awakened silence and clarity, to divine awareness

I am absolutely calm and completely relaxed. My eyes and forehead are cool and fresh. Thoughts are getting easier and farther and farther away. My mind is alert and calm.

My attention is directed to the crown chakra. Shining, the lotus flower of my crown chakra opens and

Meditations for attunement to the divine

the infinite latitude of the universe. Before my inner gaze, pictures of cosmic spaces emerge: planets, the moon, the sun, galaxies ...

In this immense, sparkling cosmic space, a shining Buddha image appears. I see his golden figure in the lotus position, enveloped in a radiant aura and surrounded by sparkling stars.

His eyes are almost closed, and his face expresses supreme equanimity and deep peace. Thus immersed in meditation, Buddha embodies sublime, sacred silence and cosmic consciousness. In my mind, I place a white lotus flower at his feet with reverence.

Buddha calms my mind and fills it with light. It seems as if my consciousness expanded even more, rose into a high, clear silence. And further, into the liberating endless space. My mind is crystal clear. In clarity, I experience deep silence and purity. My consciousness is capable of infinitely expanding into this liberating, cosmic space, it fills with

but a blue, star-filled universe.

I breathe in eternity and infinity.

I feel one with the sacred figure of Buddha, with his deep peace and divine infinite consciousness.

May this silence and purity from now and forever fill my inner "I", for the benefit of all living beings. May all beings be happy.

As I return my thoughts back to the current situation, I continue to be aware of this inner state. I breathe deeply and calmly. My motives are friendly and loving.

My main chakra is firmly rooted in the Earth, and I can feel the fresh natural power of the Earth penetrate into me. Finally, I stretch my whole body with force.

Contemplation "God" (I)

Comprehension of the divine

I feel my body warm and calm. I perceive only the silky flow of my breath. Further and further I plunge into a state of deep silence. At the same time, my mind is completely clear and cheerful.

I feel my own being in consciousness and try to comprehend the form, extent and size of my consciousness. Where do I feel my consciousness most intensely? What is consciousness anyway? What is spirit? Now I direct my consciousness and my spirit to God, in complete centralized, collected and calm.

What is "God"?

Where is "God"?

In my mind, I call on God. I ask God to show himself to me.

With full confidence, I open myself to the answer. The divine is omnipresent and pervades me. I am ready to accept his answer. I merge with the omnipresent presence of God like a drip for water with the ocean.

May from now on and forever the divine guide me and shine through me, for the good of all beings.

In the end, my thoughts return to the current situation and become firmly entrenched on Earth. My motives are friendly and full of love. In good spirits and with a feeling of freshness, I bring my body into an active state from head to toe.

Contemplation "God" (II)

Intuitive comprehension of the divine

As I exhale, I release all tension. I easily plunge into a blessed, deep peace. Healing silence fills me.

Meditations for attunement to the divine

All my attention is directed to God, and I try to perceive God.

My spirit strives to experience God. I strive to know what God is.
At the same time, I reflect on such divine qualities as peace - love -
being - eternity - infinity ...
I intuitively comprehend the eternal, infinite essence of God.
God is pure Spirit. Shine. A life.
God is the freedom that man can breathe. God is infinite space.
God is beauty. God is laughter.
God is wisdom. God is love.
God is silence.
God is life force.
God is unimaginable power. God is unimaginable greatness. God is
an inconceivable mind.
God has incredible creative power. God is pure being.
God is crystal wakefulness.
God created me. God animates every cell of my body. My life is a
divine life. My consciousness is part of the divine consciousness-
being. With all my concentrated attention I try to know God. I feel my
connection with the divine Spirit, which-
rye permeates the top of my head.
I am part of God. God is a part of me.
God guards my heart and fills me with every breath. God breathes in
me. I open my heart to the divine omnipresent presence with warmth
and joy. God loves me.
God embraces me with the infinite breadth of his presence. I myself
am the eternal, divine consciousness.

I want to deliberately plunge into the endless ocean of divine
presence. I ask God to help me in this, for the sake of my
enlightenment and for the benefit of all sentient beings.

Slowly, I begin to feel my body again. Filled with divine inspiration, I
am firmly entrenched on earth. My motives are friendly and full of
love. With full force, I bring my body into an active state, tense my
muscles and stretch.

Divine "I"

Connection with the divine "I" dwelling within

My body feels warm and deeply relaxed. My attention follows the light, silky flow of breath.

I am an amazing, beloved, divine being. Now I am concentrating on my timeless divine self, on my inner awareness.

My divine self is calm and beautiful. Peace fills my thoughts, peace fills my feelings. The world of my feelings is filled with warmth and love.

God is awakening in my heart. My ribcage is wide and free, permeated with a clear golden glow. It feels like the sun rises in me. Divine love softly and tenderly emanates from my heart. Joy fills me. My thoughts are bright and clear. A dazzling white light shines over my head. This pure spiritual light illuminates my head and brightens my forehead and eye area. God fills everything inside me with light. I learn that my spirit is composed of pure divine light. All my being is light.

I merge with God. My consciousness plunges into the endless regions of the light of divine consciousness. I am a radiant divine being of light.

Meditations for attunement to the divine

My consciousness remains one with my true, divine "I".

My divine self is shining. I AM.

May the divine "I" now and always guide me and manifest through me for the benefit of all beings.

Filled with the perception of my divine self, I direct my attention back to the body. I bring with me loving and friendly intentions. I feel filled with warmth and vitality and force my muscles to be active.

Summoning the Light

This is a very powerful appeal.

It is based on the power contained within the word, which is spoken with concentration mentally or aloud.

Pure light of the divine Spirit, You are the essence of all that is Omnipresent, all-pervading divine Light of Life, of you I am created Divine Light, You support my being Divine Light, You fill every cell my body, and thanks to You, all my atoms shine like the sun

Divine Light, You are the golden morning sun of my heart
Divine Light, You shine with dazzling whiteness in my spine and in
my head
Divine Light, You shine in my spirit and enlighten my mind
Omnipresent divine Light, I am one with You I am divine
Consciousness
I am Love I am Light

I know my true, timeless "I" I am the eternal "I"
I AM

...

Divine Light, may your white, airy rest envelop me with love and
protection
Thanks for my being. Please act through me now and always for the
benefit of all sentient beings.
My motives are full of love and friendliness. In a good mood and with
a feeling of freshness, I forcefully bring my body into an active state
from head to toe.

HEALING FOR THE EARTH

The final part of this book is a healing meditation for our Earth. This meditation is based on the fact that the energy of our thoughts is a creative force that is capable of both creating and changing material reality, especially if it is applied consciously and purposefully. Through healing visualization, we amplify positive energies, especially positive energies in the so-called collective consciousness of humanity. Qualities such as awareness of responsibility, striving to the ideal, good nature and kindness.

We work with numerous groups of meditators or with those who meditate alone all over the world who regularly send these positive mental energies to trigger the creative power of visualization for our Earth and our shared human life!

Meditations for attunement to the divine

Healing for the Earth

Visualization for the sake of our Earth and our common human life

I breathe a sigh of relief and sink into deep inner peace. With a pleasant feeling of warmth and security, I rest in myself. In doing so, I am awake and my forehead is cool and fresh. I enjoy the feeling of how firmly and confidently the earth wears and holds me.

I see our planet Earth from a distance. Like a large ball with velvety green lands, wide deserts and sparkling blue oceans, the Earth revolves on its axis, enveloped in a blanket of clouds. Our planet is majestically leading its way through the dark blue space, through the silence and clarity.

I imagine how white spiritual light fills the Earth, the pure light of love and peace.

In this stream of light, the Earth begins to shine from within, like a golden sun. Our beautiful planet is surrounded by a radiant aura of light, and its warm golden glow radiates into space.

Peace reigns on Earth, and humanity lives in harmony. Love and willingness to help have awakened in every person. People look at each other as brothers and sisters, inspired by a single divine spirit, a single consciousness. Man has again opened his connection with God and feels safe in it. This sense of connectedness makes mutual

support and help for granted. All over the world, people with understanding and awareness of their responsibility deal with what they are still arguing about out of maturity. And yet, the spirit of goodness, knowledge and light reigns throughout the world. Creativity flourishes everywhere, beauty is revealed. People enjoy life, they play, they enjoy communication, they participate in festivities, they explore and create.

Humanity is imbued with awe of nature

and all creations in which divine power and beauty is manifested.

Deep love for our beautiful

planet Earth encourages people to treat it carefully.

Man loves animals, protects them and cares for them. Animals live their natural life happily and calmly.

Nature is healthy again; scientific inventions are used to restore and protect it. People admire nature, lush meadows, fragrant flowers, forests with their powerful trees, deserts and canyons, mountains and polar ice.

I look at the waters of the Earth: lakes, rivers and seas - they all shine, again filled with purity and energy that gives life.

I see clear waters shining with golden light in the sun, and I observe the sparkle and glitter of the waves.

The earth is surrounded by its white, glowing oxygen atmosphere, which is clean and healthy. The air is crystal clear and fresh.

Our beautiful planet Earth is healed and protected by humanity.

Deep in my heart, I wish all beings to be happy.

I observe the Earth in space - a shining jewel full of vitality.

Afterword

Dear reader, dear reader, in this book I wanted to offer you a collection of exercises and meditations that have many-sided effects, harmoniously combine with each other, and are based on one another.

If you just practice the meditations and visualizations that are best for you, then you do not need to follow the same sequence as in the book. At some times you will prefer simple visualization-relaxation or find that breathing mantras, which work effectively in everyday life, are especially helpful to you; another time, you may need meditation for self-healing, or very energy-consuming meditations aimed at spiritual realization will open before you. This is how this book should serve you; intuition will lead you to precisely those exercises and visualizations that will benefit you. What reinforces the action of meditation in your daily life and creates the basis for your mental and physical well-being is pure and friendly motivation towards the people around you.

the end of many meditations.

Whatever method you prefer, let the meditation sprout like seeds in your soul. Sometimes you may spontaneously experience enlightenment, or intense feelings, or heightened perceptions, but this will not benefit your spiritual growth as it is rather the exception to the rule. Much more important is frequent, if possible regular exercise, which will bring you not sensational, but confident long-term desired results and spiritual growth.

Whatever you strive for and whatever methods you use, rest assured that over time you will be surprised great success in the form of health, well-being and joy in life. And all of the above together - in the form of spiritual growth. Strive for the highest, but do not let temporary difficulties rob you of your presence of mind. Flower seeds also take time to grow into buds and bloom, and pulling on the sprouts will not speed up the process.